

THE NAUTILUS

JULY, 1909



Praise the Power that hath
made and preserved us
a nation!

Then conquer we must,
when our cause it is
just,

And this be our motto: "In
God is our trust;"

And the star-spangled ban-
ner, O long may it wave

O'er the land of the free,
and the home of the
brave.

—Francis Scott Key.

Published by
ELIZABETH TOWNE,
HOLYOKE, MASS.

Don't Be a Wage Slave

Make \$3,000.00 to \$5,000.00 a Year

Be a Doctor of Mechano-Therapy



Are you tired of working for wages which barely keep body and soul together? Have you the ambition to enjoy the profits of your own labor? To gain social prominence and financial independence? To go forth among your fellow men with your head up—an honored and respected citizen of your locality?

THEN SEND FOR OUR FREE BOOK

Entitled "How to Become a Mechano-Therapist." It tells how every man and woman, with an ordinary, common school education, can acquire a profession within a few months which will insure financial independence for life. **GET OUR BOOK**—it costs you nothing.

What is Mechano-Therapy?

Mechano-Therapy is the art, or science, of treating disease without drugs. It is similar to Osteopathy, but far superior, being the latest, up-to-date method of treating disease by the Natural Method. It heals as Nature heals—in accordance with Nature's laws.

The Mechano-Therapist is a drugless physician and a bloodless surgeon. His medicines are not drugs, but scientific combinations of food, circumstance, idea, water and motion.

The Mechano-Therapist is skilled in compelling the body TO DO ITS OWN HEALING with its own force, rather than with poisonous drugs of the old school practitioner.

CAN I LEARN IT?

Have you asked yourself this question? We answer, unhesitatingly, YES.

If you have so much as an ordinary, common school education, you can learn.

If you have the ambition to better your condition—to earn more money—to have more leisure—you can learn.

Nor does this require years of patient study to learn Mechano-Therapy—we can teach you in a very short time, so that you may enter this profession—and when you do, you begin to make money. No text books are required, beyond those furnished by us. We supply all lessons and necessary text books free of cost to you. No apparatus is used. You do not even need a place to work. All you require is your two hands.

A Personal Word

From the President of the College.

Have you ever thought of going into business for yourself?

Then send for my FREE book. It will tell you how others are enjoying a life of luxury, while putting money away in the bank. How YOU can not only gain independence, but be a benefit to humanity and a highly respected citizen with an income of \$3,000 to \$5,000 a year.

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We Teach You in Your Own Home

We can teach you an honorable and profitable profession in a few months, which will insure your financial independence for life. We can make you master of your own time—to come and go as you will—an honored and respected citizen, with an income of \$3,000 to \$5,000 a year. We teach you this pleasant, profitable profession by mail, right in your own home, at your own convenience, and without interfering with your present duties. It makes no difference how old you are, any person—man or woman—with just an ordinary common school education, can learn Mechano-Therapy. It is easy to learn and results are sure.

It is simply drugless healing. A common-sense method of treating human ills without dosing the system with poisonous drugs—that's all. We have taught hundreds of men and women who were formerly clerks—farmers—stenographers—telegraph operators—insurance agents—railway employees—in fact, of nearly every known occupation—old men of 70 years who felt discouraged and hopeless—young men of 20 years, who never had a day's business experience—skilled men, who could see nothing in the future but to become Olerized—laboring men, who never realized that they had within themselves the ability to better their conditions. Write for our FREE book, which explains all—today.

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Read What Our Graduates Say

The statements of a few of our graduates below verify every claim we make. Read them carefully, and remember that these men and women have done—*you may do*. The success they have made you may make. We do not give the address of the people whose testimonials we print. Our graduates are meeting with remarkable financial success, and arising from having their prosperity published broadcast. If you wish to communicate with any whose names are given below, write us and we will supply you with the address.

Treating Physician for Diabetes

Dr. Ellsworth says: I have all I can do, and at very good fees, and am at present treating an M. D. for Diabetes. It is impossible for me to speak in belittling terms of the wonderful success of Mechano-Therapy in the treatment of disease.

Considers Mechano-Therapy Better Than Osteopathy

Dr. B. E. French says: I consider Mechano-Therapy greatly superior to Osteopathy, and as it is a profession so very interesting and one so easily learned, I am surprised that more do not take it up, especially as the course in your college is so inexpensive.

An Enthusiastic Graduate Says Best Paying Profession

Dr. Slagle says: Mechano-Therapy is one of the cleanest, best paying, up-to-date professions. One that is remunerative from the start—one that is practical in every way—one that is not belittled theory—one that is progressive—one that will make you prosperous while you are making others wall and happy.

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And this be our motto: "In
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And the star-spangled ban-
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O'er the land of the free,
and the home of the
brave.

—Francis Scott Key.

Published by
ELIZABETH TOWNE,
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NEW THOUGHT CENTERS. LIST OF BOOKS

BY ELIZABETH TOWNE.

Following is a list of New Thought centers, reading rooms, bookstores, etc., where New Thought publications may be found, and where visitors are always welcome.

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- BOSTON, MASS.**—The Scholar Business Building Service, 161 Tremont street.
- BOSTON, MASS.**—Smith and McCance, 33 Bromfield street.
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- CHICAGO, Ill.**—The Progressive Thinker, 40 Loomis street.
- CHICAGO, Ill.**—The Progressive Co., (Edward E. Beals), 615-619 Rand-McNally Building.
- CHRISTCHURCH, New Zealand**—Ida M. Burges, Fendalton.
- DENVER, Col.**—J. Howard Cashmere, 1700 Welton street.
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- HELENA, MONT.**—Mrs. Dr. S. J. Rummans, 105 N. Ewing street.
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- LONDON, England**—I. N. Fowler & Co., 7 Imperial Arcade, Ludgate Circus, E. C.
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- LOS ANGELES, Cal.**—The Ramona Book Store, 516 South Broadway.
- LOS ANGELES, Cal.**—Occult Book Co., 213 Mercantile Place.
- MELBOURNE, Australia**—Miss E. R. Hinge, 178 Little Collins street.
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- OAKLAND, Cal.**—Rest Reading Rooms, 719 14th street.
- PITTSBURG, Pa.**—Dr. H. Lewis Belknap, Suite 701 to 705 Carl building, corner Wood and Ross avenue, Wilkesburg Station, P. O. Box 174.
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- TORONTO, Can.**—W. H. Evans, 488 College street.
- WASHINGTON, D. C.**—Oriental Esoteric Center, 1443 O street, N. W.
- WILLIMANSETT, Mass.**—Mrs. S. A. Emerson, 30 Emerson street.
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- WIMBLEDON, S. W. England**—Power Book Co.
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Practical Methods for Self-Development, Spiritual, Mental, Physical.

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New light on self-development. Practical and helpful. Cloth bound. Price \$1.00. Selling like hot cakes!

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Nautilus News.

BY THE EDITORS.

**Look Out For
"The Smile
Lady."**

Sinclair Lewis, a coming writer of fiction whose work is already appearing in some of the best magazines, has furnished us a bright, clever, chapter from real life—"The Smile Lady." The "lady" was one of "the plucky but gentle business women of the city"—an employe of "Siegel-Wanamacy's" great department store. The scene of the story is a cheap restaurant—"a triumph of unrefinement," as the author pictures it. Everybody was intent upon himself, rushing, tearing, scrambling through the busy noon hour, guests and waiters alike pitched to the highest tension. The "Smile Lady" had plenty of troubles of her own, but she sent out her smiles upon this worried sea of humanity, and the story tells us what resulted therefrom. No, this isn't a story of love. But it is the best short story we have so far published. It will appear in August *Nautilus*.

**New Thought
and The
Business Man.**

One of the features of August *Nautilus* will be an article on the above subject by the Bursar of New York University, Frank Andrews Fall. Mr. Fall describes the unconscious new thoughtness of a prominent New York business man, and describes the application of new thought to business in general. If you would know a new thought business man when you meet him, read this article.

**Aphorisms of A
Young Man.**

Mrs. Kingsley's usual meditation will be omitted from our August number, but she will be ably represented by her son, a young man recently out of college. Under the title, "Thoughts of a Young Man," we shall present a series of Mr. Kingsley's beautifully written aphorisms which show a clear, orderly insight into the great things of life. We have an especially beautiful poem for August by Edwin Markham, "Be Patient With God." Mr. Wattles' article for August will deal with "The Beginning of Motion." Here Mr. Wattles digs down even deeper than in any of his previous articles into the realm of causes. He maintains that happiness is the object of creation, and that "to be unhappy is to oppose the will of the 'Great Intelligence.'" "Comprehension" is Dr. Latson's subject for August. As an illustration of one of his points he tells a pathetic story of real life, the facts of which came under his personal observation. This incident shows how criminals are often but the natural product of their environment, and but fulfil the tendencies with which birth and environment has surrounded

(Continued on Page 2.)

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Diagnosis and cure from the spine, the most simple, the most positive, the most direct method known to Science.



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Earnings**

to \$10 or \$20 per week, when you have the ability to enter a profession, by using your spare moments that will give you an earning power of \$50.00 to \$100.00 in the same time. Make capital of your spare time—don't waste it. Learn a profession that will be sure to give you efficiency and social promotion.

Read what Our Students Say Regarding our Course:

Mr. A. ZIMMER says, "It is very thorough and practical. Nothing to compare with it in the art of healing. The course is entirely satisfactory. Is far superior to other courses I have taken."

Dr. WATKINS says, "I took in \$100 the first month after graduating, and \$74.50 the second, and \$200.00 the third month."

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Learn the Howard System of Physiological Adjustment. It is positively the most advanced and scientific method of drugless healing. Study at home or in class. Easily comprehended by anyone of ordinary education. Start on the road to success today by sending for our free book "How to learn Chiropractic." Diplomas granted. Conducted under state charter.

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(Continued from Page 1.)

them. By implication we can see that society is largely responsible for the conditions which create criminals, and when we understand something of the causes of criminality we shall be less apt to condemn. This is one of the things which Dr. Latson's article on "Comprehension" will present to our minds.

Almost A Vegetarian.

Those who are just freeing themselves from the bondage of three meals a day and looking into vegetarianism, raw food, etc., will appreciate this contribution by Adelaide Keen, which will be printed in August *Nautilus*. Adelaide offers a practical compromise for the determined vegetarian housewife who finds her family cold or obstreperous upon the subject. This article is full of practical cookery hints. Edgar Wallace Conable will continue in August his interesting talk upon a fruit and nut diet. This time he describes a number of desirable foods for the use of the vegetarian.

Omaha and Vicinity.

On FRIDAY Evening, JULY 2, at eight o'clock in the LYRIC THEATER, Nineteenth and Farnam, I (Elizabeth), shall deliver my lecture, that our Omaha friends have so often asked for. Until this time I have not been able to arrange coming to Omaha, and now that I am coming, look forward to big doings. My talk will be hearty and mindy and I want to see you all there—hand one of your best receptive moods over the footlights when I begin. If it is cold we'll warm up to the occasion, if it is hot we'll talk coolingly, that is we will not get "hot"; even if it rains the talk will not be dry.

Akron, Ohio, Too.

As we go to press word reaches us that Akron, Ohio, is to have a lecture, too. It is to be given on JULY 9 (FRIDAY Evening), at eight o'clock. The place has not been announced, but the daily papers and placards will give you the information. Watch for them. What has been

said above to our Omaha friends holds good for you at AKRON. And I know you and yours will be there to help me make the truths strike home.

Mr. Wattles on Constructive Science.

Wallace D. Wattles' series of articles on "Constructive Science" begins in the August *Nautilus*. Many of our readers are familiar with Mr. Wattles' work and so he needs no introduction.

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Large verandas, cheerful, sunny rooms, and sun parlors are features of this place.

Physicians and friends who have mental and nervous patients whom they desire to place in an institution having the principles of home and family life, non-restraint, and having tried all other methods of treatment without success, should inquire into the merits of this Sanitarium.

NO INSANE CASES RECEIVED.

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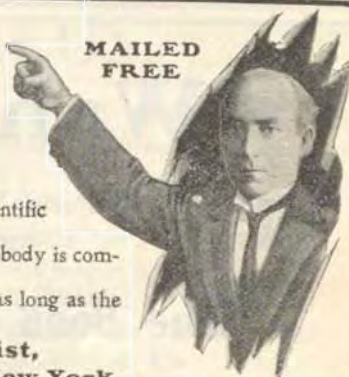
This book tells briefly how foods can be made a remedy. It tells plainly what the laboratory has revealed. It gives in condensed form both the theory and practice of scientific dietetics, or Applied Food Chemistry.

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THE NAUTILUS.

Vol. XI.

JULY, 1909.

No. 9.

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YEARLY SUBSCRIPTION, \$1.00.

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THE NAUTILUS.

ELIZABETH TOWNE
WILLIAM E. TOWNE

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Edwin Markham
Ella Wheeler Wilcox
Florence Morse Kingsley
Grace MacGowan Cooke
Prof. Edgar L. Larkin
Karl Von Wiegand
Wallace D. Wattles
W. R. C. Latson, M. D.
Gordon Forsy
Adelaide Keen

These Are
NAUTILUS
Contributors
for 1909-10.
Others
Coming!

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The word NAUTILUS is pronounced exactly as spelled, accent on first syllable. Its significance is hinted in the NAUTILUS verse at top of page 7.

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The Work and Ways of Literary Folk.

Vagabondia

VAGABONDIA is an illustrated monthly magazine devoted to people who write and draw. It is the "trade paper" of the writer-folk.

Each issue contains many human interest sketches concerning the personalities of literary men and women—stories of their hobbies and recreations; glimpses of their workaday life; photographs of authors and their homes; book and magazine reviews; literary news; short stories; publishers' notes. Contributions by successful authors on subjects having to do with every form of literary composition, including the novel, short story and playwriting; articles especially helpful to the young writer.

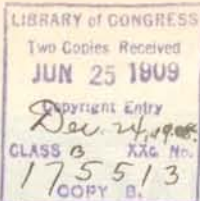
If you are a beginner the magazine will help you to make a success of writing. Don't fail to get the July number; contains full and complete literary biographies of Jack London, Rex Beach, O. Henry, Elbert Hubbard, William Allen White, George Ade, the McCutcheon Boys, Eliza Calvert Hall, Ople Read and others. Tells how they "broke in" in the literary field. There are twenty similar articles in each issue of the magazine. A number of well-known authors are taken up and discussed in their relation to literary art; their work estimated, etc.

Everyone engaged in literary work or curious about literary people will find the magazine newsy and instructive. Invaluable to the writer. One Dollar a year—or twenty-five cents for three months' trial subscription.

Vagabondia

Everett Lloyd, Editor and Publisher, 188 Madison St.,
Chicago, Ill.

Mention NAUTILUS when answering advertisements. See guarantee, Page 5.



"Build thee more stately mansions, oh, my soul;
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."
—Holmes, "The Chambered Nautilus."

THE NAUTILUS.

Self-Help Through Self-Knowledge.

MONTHLY,
One Dollar a Year.

JULY, 1909.

VOL XI
No. 9



How is It With You?

What is the dream that has come down to you out of the heavens? What is your ideal of life?

Are you thinking it out? Are you believing in it and putting in your best liks for it?

Are you lending your best lik when there is opportunity to help neighbor, town, state, government, or world?

Are you lending a lik here and there, wherever there is a movement of any sort toward world-betterment?

Are you doing this out of sheer overflow of vital, joyous *interest* in hiring and doing?—or are you neglecting your *personal self and individual ideal and work* to do it?

Are you a real *new* thought person, who does his *own* thinking and working *thoroughly* well, and still has vital joyous interest to overflow in other-fellow helping?

Or are you the Mrs. Jellyby sort, whose eyes look anxiously afar off, while her fingers sew red flannel shirts for hot Hottentots; the while her home is pied and her ears deaf to the bumpity-bump-bump of the smeared and ragged baby as he tumbled down stairs?

Are you working out *your* soul-plans ignoring everybody else's.

Are you working on public jobs and neglecting your own?

Do you *know* yourself, or are you fooling yourself?

If you are right with yourself, with your ideal; and IF *that ideal is full-grown enough to include your work in relation to every other man's work; and if you are doing the will of the ideal* in you and trusting the spirit of life for results then you are full of peace and growing joy, wisdom and vitality.

If you are *not* right with yourself and happily occupied working out your ideal you are restless, dissatisfied, tied down to unpleasant conditions, a slave to passions and habits, longing for freedom you cannot have.

Blessed is the man who has found himself in his work.

Take this thought with you: The evolution of man is the involution of God; from the date of the Adam-consciousness the evolution of man's environment is the involution of man himself, with God as the backer and life-urge.

A Western Wonder.

A Western poet named Kerfoot wrote a rhapsody about Oklahoma City, for *Sturm's*

Oklahoma Magazine that voices our feel-



EDITORIALS

BY ELIZABETH

ings upon visiting that wonderful little city. The last lines of the rhapsody are these:

"Gee whizz!
What a wonder
Oklahoma City is!"

And it is. There are over 50,000 people there (nearly as many as in Holyoke), and every man, woman and child of them seems to be *working* as well as boosting to make it the *solidest* SUCCESS that ever was heard of, metropolis of the best administered state in the world!

Here are some of the very up to date things about Oklahoma City.

1. A City Electric Plant of 60,492 incandescents, and a Great White Way.

2. Natural gas, domestic and commercial at twenty-five cents per thousand feet, against \$1.00 in Holyoke or New York.

3. City water system with daily filtration capacity of 8,000,000 gallons and water 98.7 pure according to Lake Michigan standard.

4. About a hundred miles of water mains and over a hundred miles of sewers.

5. About eighty miles of the finest cement pavements and two hundred miles of cement sidewalks.

6. Four daily papers, one of them, the *Oklahoma Times*, of national reputation; twenty weekly and monthly publications, including *Sturm's*.

7. About sixty churches, many of them really magnificent, one at least very large with modern club rooms and gymnasium and baths for the use of its members.

8. A fine convention hall, seating five thousand; a permanent home of the state fair; a standard opera house, other theaters, a baseball league, country club house with fine equipment for all sports; \$600,000 bonds voted to park improvements and an automobile speedway to encircle the city; the \$600,000 used without graft and the work already well on the way.

9. Ten public school buildings that cost a million dollars; a \$300,000 high school; Epworth University, standard with enrollment of about seven hundred; a \$50,000 Carnegie library, two schools of music, two female colleges, four modern equipped business colleges.

10. A city laboratory with inspection and regulation of milk supply.

The Latest in Homes.

Also (11) Oklahoma has more miles of really beautiful homes than I have seen in any other city of *five times* the size of Oklahoma City. The architecture that predominates is a mixture of colonial and bungalow that is the best thing we have seen anywhere, and in miles of homes valued anywhere from \$10,000 to \$150,000 *every single house* was a gem and a symphony, and not a freak house, or a neglected one to break the harmony.

Oklahoma City is setting a new pace in chaste beauty of architecture and in *solid building*.

"We are building for 150,000 in three years," say the people. And it looks as if they will get it. Sky scrapers are up and going up that will stand for centuries.



EDITORIALS

BY ELIZABETH

A City Pace-Maker.

every new comer to find his place and grow success.

The secretary of this is A. W. McKeand, a bright young man who some-time ago won a \$500 cash prize offered by one of our eastern big cities for the best article on how to advertise a city. His article described Oklahoman methods of doing this.

"Here is a unique postal we send to inquirers," remarked Mr. McKeand; "a large octagon of heavy paper printed full of *facts*, folded to a triangular postal and mailed for a cent; you can *count* on what that postal says, for it is our policy to state only accomplished facts, and to understate rather than otherwise. This advertising postal has been in use some time, and you can now multiply nearly all its statements by two and still come within the truth about our city."

"But wouldn't it be better to get out a new edition every once in a while, corrected up to date? Why lose the advantage of big figures?"

"But, you see," Mr. McKeand answered quickly and with growing earnestness, "we are on the right side when we understate the case; people who come here because of this postal are surprised and delighted; if we talked large they would be disappointed, don't you see?"

"Yes, but what is the difference after you get them here?"

"Oh, we don't *want* disappointed people—they would be knockers and hoo-does. We want people who are de-

lighted with our city and state, who are prosperous and will work *with* us and do *their* best to make this the *greatest* city in the best and finest state in the whole country. *That* is what we are working for, *not* for mere numbers. We mean to have *the best*. We look after every new comer and find out what he has, what he can do and wants to do. If we think he can't succeed well here in the line he wants to establish we tell him so and advise him to change, or to go somewhere else. For, don't you see?—if we are to have the great success of city and state that we are after we must *make every man a success on his own account?* A *really* successful city or state is made up of successful individuals, we must look out for the welfare of every individual."

* * * * *

Is it any wonder Oklahoma City is a wonder, with everybody pulling together like that?

For the chamber of commerce voices the sentiment of a city and sets its pace for the new comer.

A 20th Century State.

And the whole state of Oklahoma is run on the same principle of earnest co-operation to make the best governed state in the Union. A twentieth century state, grown in a night, with the strength of an oak.

It reminds me of the wonderful eucalyptus trees of California, that grow hard wood eighty feet tall in ten years, and when cut down raise two or three trees where one grew before, all ready to cut down again in another ten years.

Oklahoma was first opened to white



settlers twenty years ago the day we arrived there, April 22. Two years ago it framed the most remarkable constitution ever seen, and was admitted to statehood.

That Oklahoma constitution adds somewhat to the gaiety of the nation.

But it stands the test of the courts.

And Oklahomas are satisfied with it.

And other states are adopting similar measures.

That Bank Guarantee.

Four states have already followed Oklahoma's lead on state guarantee of banks.

"Does it *really* guarantee?" we asked. "*It does,*" everybody answered, emphatically.

"The proof is that *we don't have bank failures*, and that other states are adopting our course. We have rigid inspection of every bank, and in addition to this the instinct of self-preservation makes every bank a watch on every other bank. No banker will wink at the peccadillos of another bank for whose failure he must help pay the bill. He reports the misdoings, and the state takes the bank in charge. The fact that it is the bankers themselves who must pay for all failures makes every banker an unpeachable inspector of every other bank. Why should the solid banks put up money to guarantee wild-cat-speculating banks?—ask the opponents of this system. *Because the solid banks know perfectly well what banks are unsafe and why, and if they will not use their knowledge and power to regulate those banks and save the helpless depositors they should be made*

to pay the bills. 'It is none of my business what the other banker does'—is a back-number excuse and a *lie*. And sometimes it is a murderer also—if you remember, it was Cain who first said, 'Am I my brother's keeper?' after he had killed his brother. Our Oklahoma bank law is based on the truth that all bankers are not only brother crafts-men, but that they *and their depositors* are all *members one of another*, and that *each* is *directly* responsible for the well-being of the whole; each responsible to the full extent of his *knowledge* of the wild-cat banker's doings, and of his power to regulate that banker. If he fails to do his part toward keeping *all* banks straight it is up to him to pay the bills."

A Constitution that Counts.

And this same idea of unity of man and his responsibility to all runs through every sec-

tion of every one of the twenty-four articles of Oklahoma's constitution.

It safeguards the rights of all the people against every form of modern octopus and grafter, as no other state constitution every thought of doing. No glittering generalities for Oklahoma, leaving the people at the mercy of a succession of more or less ignorant or corrupt legislatures.

No. The *best* laws passed by all the states of the union in their best moments, are nailed-down planks in Oklahoma's constitution—nailed down where no legislator can vote them away.

An Oklahoma legislature can't revoke the will of the people for initiative and referendum, or for bank guarantee, or



EDITORIALS

BY ELIZABETH

for regulation of corporations; and nobody can, by appeal to court, prevent the state or city from owning and running any kind of business under the sun that her people deem expedient.

That constitution cuts to slithers the miles of red tape which the predatory rich are wont to tangle every other state and city on the map, when they want to regulate a corporation or own and run a public utility.

Gee whiz! What a wonder that Oklahoma constitution is! No wonder the state has made such marvelous progress in its two years of statehood.

20th Century Pioneers.

But back of that constitution that really constitutes its people *free agents* to co-operate for the good of all—back of that are the people who made it.

Pioneers are as a whole virile, energetic people who have sighed for larger worlds to conquer.

The pessimists and grouchers and lazy men and small-caliber men, as well as the too-highly cultured ones, are *afraid* to leave the settled regions.

The average pioneer is an optimist, an idealist and a worker.

And in Oklahoma a good many of them are also college bred. A state official told me that there are more college bred men per thousand in Oklahoma than in any other state in the union.

And they are not all in the cities. When the first legislature met it was found that there was a large percentage of college men, with a greater pro-

portion from the agricultural districts than from the cities.

Oklahoma is settled by the same sort of sturdy working-idealists that have opened up and developed every other state of this union, *plus* better educations and wider outlook than earlier pioneers could possibly have.

This accounts—along with “Oklahoma Kate” and the state’s natural resources—for the remarkable development of this land, which was opened to the first white settlers only twenty years ago; and for the very up-to-date character of her constitution and institutions, and the rapidity of her development along lines of *practical* new thought.

“Oklahoma Kate.”

Oklahoma’s chief asset is “Oklahoma Kate” Barnard, the greatest little thing that ever happened. She is a comely young woman, weighs ninety pounds, has blue eyes, black hair and a tongue both ends of which certainly touched the Blarney stone. She is moved by a heart that holds the world up to God, and that sways her keenest of woman wit to make everybody work together for everybody’s good. She is a ninety pound, ninety-million-volt perpetual motion dynamo, inspired and inspiring, with not a relative in the world except every chick and child in Oklahoma.

Since childhood Kate Barnard has known no blood kin but her father, and he died last month. Out of heart hunger she adopted first Oklahoma City, then the whole state. Everybody loves her, grieves with her, comforts her—



and brings his troubles for her to assuage. Out of it all she has become a woman politician and a savior.

"Do you want woman's rights?"—I asked her.

"I don't think much about it," she replied, "because there are so many more pressing needs to take up my attention. Woman's voting can wait. I can get anything I want without voting; and I am so busy getting good laws for all the people, and seeing that they are enforced. Woman's franchise may come later, but just now and here it would be a waste of time and energy to work for it. Now is the psychological moment for Oklahoma—we feel that we must bend every energy to getting things started right, with right laws for everything, so that graft and corruption and oppression can't creep in later as it has in older states. We are trying to make Oklahoma the best governed, the greatest and highest success of all the states of the union, and now is the time to do it! A little later, when there are more people, and interest has waned—. Yes, woman's suffrage can wait. Just now we must all work for these fundamental things."

Next month I'll tell you more about "Oklahoma Kate" and our visit in Guthrie and other places.

A British Estimate.

A year or so ago the British government sent a commission of educators to study the public school systems of continental Europe and of America, with a view to improving their own. The British educators reported back to their govern-

ment that the United States has the finest school systems in the world, and that the state of Oklahoma has the finest system and schools in the United States.

So said Mr. Cameron, state superintendent of Oklahoma schools, at a violet luncheon in Guthrie, Oklahoma, April 22.

Mr. Cameron is a graduate of Vanderbilt University, typical southerner in appearance, manners and accent, with a blend of Roman nose, and northern push that makes the true Oklahoman enthusiast and worker.

He and the city superintendent were helping entertain the guests of the federation of a hundred and fifty women clubs of the first district of Oklahoma (there are seven districts and federations of women's clubs in Oklahoma) given in the Central Grammar school of Guthrie, by invitation of the woman principal and her corps of teachers.

The luncheon was cooked and served by some twenty or so young girls of the domestic science department of the eighth grade of that school. The substantial tables were made by the boys of the manual training department. The domestic arts department contributed hand painted place cards, doilies and decorations. About fifty or sixty people sat at table, and enjoyed as delicious and dainty a meal as I ever sat down to, served as neatly as possible. There was a bouillon soup in cups, then came to each a plate with creamed chicken, a tasty celery-and-green-pepper salad, and a dainty round sandwich. After that a delicious blanc

(Continued on Page 53.)



I KNOW NOT

Death, I know not what room you are abiding in,
But I will go my way,
Rejoicing day by day,
Nor will I flee, or stay,
For fear I tread the path you may be hiding in.

Death, I know not if my small bark be nearing you,
But if you are at sea,
Still shall my sails float free,
What is to be will be;
Nor will I mar the happy voyage by fearing you.

Death, I know not what hour or spot you wait for me.
My days untroubled flow;
Just trusting on I go;
For ah! I know, I know,
Death is but life that holds some glad new fate for me.

—ELLA WHEELER WILCOX

Fairy Tales Come True.

By ADELAIDE KEEN.

We are living in the most wonderful age since the world began. We are grown up children doing grand deeds of science, socialism and religion with the help of the Invisible. Don't you remember all those gallant, tender tales of the fairies, when all the world was young and you believed that everyone was good and kind? We felt such a kinship with the good people, the little people who rescue the perishing, assist the brave and guide the faithful, in those days of infancy. As we watched the winter fire-light, leaning with tangled curls against our mother's knee, or listening to the frogs and birds, on summer evenings, the fairies seemed so near, so real. The wicked giants and cruel stepmothers were vanquished as we drew long sighs of relief and joy. We traveled to many lands, we saw strange folk, we lived again, in other forms, we thrilled with the romance of the universe!

Folk lore is a most fascinating study; the tales and world myths are one. In Russia they tell babies about Cinderella, in Japan they relate to funny little things in kimono and pajamas the story of Jack the Giant Killer, of the three wishes, of the prince who did not know how to shiver, of the enchanted princess, the wicked witch, all these and many more are told in every generation, every language, for they are true. All true, so right will prevail over might, darkness flee before light, sorrow will yield to joy! The outer world is full of force, or

forces, which is only good or power in myriads of kindly forms, thoughts, impulses, radium, electricity, imprisoned minerals crying for expression, pulsing ideas ready to transform this seething world into the millennium, when nobody is sick or sorry.

Why, this world is full of the characters we met in our dreamy days. Cinderella lives in almost any street and her reward is published in the daily papers. Her godmother, common sense, told her how to dress prettily on nothing at all, how to dance or typewrite her way into the heart of the prince. He wears no crown but he commands millions. There are Jacks by thousands who are battling with giants far more terrible than any in the picture books—disease, doubt, despair, ignorance, crime. There are younger sons sent out penniless into the world to seek their inheritance of self respect and honest name. There are poor little princesses set by the cruel stepmother, destiny, to accomplish impossible tasks, which only the good fairies or attendant angels can help them do. We are acquainted with the lovely woman whose lips drop pearls of wisdom, diamonds of wit and rubies of kindness. We know, alas, that other whose mouth gives forth, not snakes and toads, but slander, malice and all uncharitableness. Love, or charity, is the fulfilling of the law, in fairyland and real life. And we are put here to fulfill it, or fill life so full of love, that the evil will die out.

Red Riding Hood stands for trusting girlhood in the midst of alarms, sly wolves who beset virtue unsuspecting and innocent. And we all hope that Briar Rose, the sleeping beauty, will not awaken until the right prince places the kiss of betrothal upon her sweet lips and she opens her eyes on the vision of a world transformed by love. The old witch represents fate, not cruel save to the lazy and selfish who thwart her plans, softly kind to the industrious and gentle who have faith in her latent goodness. And that faith is justified! Faith and work are the gold and silver keys which open the strongest doors. You must believe you will conquer or you will fail. Work is prayer; to pray without ceasing is to unite yourself with the great force which works unceasingly, in evolution, changing all things to better uses. In the revengeful stepmother we find destiny personified, or heredity which gives us a weak body and bad impulses, but the obliging dwarfs and gnomes are the slumbering yet latent powers of nature, ever ready to spring to our aid. All the tales of enchanted animals, puss in boots, the white cat and so on, mean that evil things can be transformed into good. We find that nothing is trifling, nothing lost. Concentrated work, the singing struggler, not the whining one, ever wins. The way may be long, it usually is, but when we get on the mountain and survey that steep, winding path, how glorious the view.

Personal magnetism is a lodestone for success, intense thought and application draw the cells of the body, the forces of spirit together, and we aim straight. If the arrow falls off, we try again! Returning to the fairy tales, we see that Bluebeard teaches us that too much curiosity about the occult world, such as spiritualism and magic, brings sorrow and confusion. In Jack and the Beanstalk we find that ambition is a good

thing until it grows selfish. In the Arabian Nights there are many fine tales with eternal lessons. The story of the black stones is one. A princess sent her three brothers, who all lacked self control, to seek an enchanted palace on the top of a hill. All along, black stones, disguised beings, cried out calumnies, and those who listened to the envious, the inert, and answered their taunts, instantly became as they, were changed into stones and fated to mislead the hopeful, with forebodings and slanders. Now, when the princess came along that road, guided by the counsel of a wise old priest of the desert, she showed herself clever. She would not stoop to exchange words with the black stones, the pessimists enchanted and unhappy. Not much; she went along serenely, and by great firmness reached the top of the mountain and the gate of the palace. The garden was full of beautiful flowers which gave out not only fragrance but music; there was a fountain with golden water which laughed, the water of youth, and a wonderful parrot which hung in a cage on a tree. This was the bird of wisdom and he who owned him also owned the palace and fountain, through self mastery, and always would know what to do. The parrot greeted the princess gaily and told her to pour a little golden water over each stone. She found her brothers again and a young king who won her heart. A cardinal, a philosopher, a prince, hundreds of men, were released by the water of youth which the princess poured over the stones. The parrot cried, "All is yours, my dear, because you have patience and kindness and self control. Truly, my dear, we have waited long for a woman who can hold her tongue."

We see by these old fairy tales that nothing is impossible, nothing happens by chance. The great law, cause and ef-

fect, may be harnessed to work for our good, the good, also, of the whole. But the unhappy prince or princess set to dreadful tasks must first love his work, picking up grains of millet, weaving wool into webs of finest texture, anything destiny orders, before opportunity knocks at the door and says, "Come up higher." In the map of ancient, fairy France there was a tiny kingdom, ruled by the happiest of monarchs, called Ivetot. This man did wonders, all by gaiety of spirit; his vassals adored him. We are each of us kings, vested with the ermine of purity, the purple of faith, the crown

of self control. You, yourself, are the king of Ivetot; be as happy as you can, while you work, for your cheery smile and kind words may set some hapless prisoner free from the dungeon of doubt, the chains of despair.

Thank heaven, we live in a time when men can do miracles of science, philanthropy, toil, to help the suffering, to free their own souls without exciting opposition. They can make the fairy tales come true for us all, growing in strength and joy, in fulfilment and progress, aided by the misunderstood fairies, to accomplishments beyond belief.

Like the Gay Butterfly.

All things do but seek completeness,

Like the gay butterfly's cocoon

Falling in dust, that it may give repleteness

Fairer, more perfect than its own.

The dying night does but reveal the morn;

Its subtle mystery and glow.

The waning day bespeaks the stars are born;

The time for ocean's ebb and flow.

The fading rose gives place to brighter bloom

And sweeter fragrance from its heart.

The dead leaves warm the seeds beneath the loam;

They too of nature are a part.

So one day we will cast the husks aside

And from our moldering dust, great thought

Reborn in Genius, rise and find a vantage wide,

The heights, on earth we vainly sought.

—Edith Macomber Hall.



Mother Thoughts

By Florence Morse Kingsley.

IV.

(To a child who appears discouraged
with life, and doomed to some
bitter disappointment).

*"Commit thy WORKS unto the Lord, and
thy THOUGHTS shall be established."*

YOU ARE MISTAKEN, my child, in thinking that life is going wrong with you because you have failed once, twice, or thrice in the work you have undertaken. The REAL SELF of you has always succeeded and will always succeed. The core of your being is quenchless light, undaunted power, which knows not any darkness at all, nor any such thing as failure. Your trouble is all in a lack of understanding. Be still now and KNOW that the Lord God in the midst of THEE IS MIGHTY. You are FREE from all thoughts of previous failure or discouragement, and the joyous life, energy and wisdom of God fills you. You KNOW what to do next. You are not afraid. You are not anxious. I loose you from the bonds that hold you; and I say to you: Arise, put on your beautiful garments and go forth into life. Nothing can stand before you. You will conquer gloriously in all things, today, tomorrow, and always; growing ever more aware of the Life which dwells within you—the life of the Holy (whole) Spirit of the Most High.

Two Thoughts.

By THOMAS DREIER.

BE A KEYSTONE.



You may not be the only turtle in the tank, as a jingle which we will reprint one of these days expresses it, but you must work as if you were. You must feel your own importance, and as Hinkey Dink once said to boastful Bath House John, "Make good, John, make good." The most important stone in the arch of a bridge is the keystone. Aim to be the keystone of the institution of which you are a part. It matters not at all what your present position may be. You can get to the top if you want to. Sure, you'll have to work, and plan, and dream, and sacrifice. The life of a successful man is a series of sacrifices. You can't escape the working of the Law of Compensation. You cannot do a thing—good, bad, or indifferent—without getting paid for it. It is the law. You may not know what forces are working in your behalf, nor may you know that you set them to work unconscious of what you did. You may think that your employer does not know what you are doing. But he does. Or some one else does. You've got to see

that selfishness and altruism are in reality the same—they blend. You cannot do a good thing for another without doing a good thing for yourself. You cannot expect an employer to single you out and train you and care for you and give you the plums of the pudding of business. Every employer who is wise has that trait which is falsely reckoned as peculiar to Missouri. Not only is he "from Missouri" but he is also from Texas. You know a man from Missouri says, "You'll have to show me," while the man from Texas says, "Put it in my hand." You've got to put your worth in the hand of your employer. You've got to believe in yourself and in your goods to do that. You've got to be an optimist and praise yourself, but you must also have enough of that extremely uncommon quality of common sense to place that praise wisely. As I said before, live every day as though you are the keystone of the institution of which you are a part, and then, in the classic words of Hinky Dink, "Make good, John, make good."

THE WAY TO SUCCEED.

Mack and I were on a most prosaic errand. We had run out of butter at camp, so we were swinging along over the road like true Knights of the Strenuous. We should have loafed and observed the stars and the peculiar night shadows, but here we were walking along as if the butter wouldn't wait, or

as if butter were of more importance than the beauty of a summer night. And while we walked we talked about literature and philosophy. Mack said he never had been able to analyze Stevenson's style to find out what was in it that held one in a spell, but he knew its power. He said he had never read Stevenson's "An Apology for Idlers" without wanting to take to the open road and just make passersby happy by smiling at them and saying, "howdy." But a few minutes afterwards he might pick up some book of the strenuous kind and be dissatisfied until he had gone out and done something that consumed energy. "I tell you it puzzles a fellow to know what to do. Even when I read some of the old books of philosophy, and try to guide my life by the rules laid down by men who have been successful I find myself away up in the air. There are so many rules, or, as Ella Wheeler Wilcox says:

"So many gods, so many creeds,

So many paths that wind and wind,'
a young fellow does not know what to do. Shall he follow this philosophy which tells him to go forth like another St. George and slay the dragon, or believe with Omar, that

"A book of verses underneath the bough,

A jug of wine, a loaf of bread—and thou

Beside me singing in the wilderness—'

will give a fellow all he desires?" I thought for a moment that Mack had me cornered and that I should have to ask him if he didn't think the moon lovely, but I was saved from employing that crude subterfuge to cover my ignorance by remembering a verse from Richard Burton's great poem, "The Kasidah":

"Do what thy manhood bids thee do;

From none but self expect applause;

He noblest lives and noblest dies

Who makes and keeps his self-made laws."

A man must live his own life. He cannot let anyone else live it for him. He must think his own thoughts and do his own deeds. The advice of others—even those wiser than himself—he should carefully weigh and consider. He should remember all the time that there is much truth in that old saying about one man's meat being another man's poison. He should develop his positives and then follow the line of least resistance. A great ocean steamship, with a record for speed and all that goes into efficiency of service, might say to the new locomotive, "Do as I do." But even John W. Gates, with all his love for taking gambling chances, would not wager much on the success of the engine if it took that advice. The locomotive, if placed on the right track, might be the one to make a transcontinental record. Among men it is the same. There is this difference, however, the man is equipped with a mind that enables him to choose his own way, to make his own track. Only those who are trailers follow. Don't be a trailer. Make your own trail. Express the divinity that is in you in your own way. Divinity expressed along the lines of least resistance renders the greatest service to the greatest number, and the man who renders the greatest service is the greatest success. Remember, then:

"Do what thy manhood bids thee do;

From none but self expect applause;

He noblest lives and noblest dies

Who makes and keeps his self-made laws."

"To Him That Hath Shall Be Given."

By EDITH J. GRISWOLD.

Commencement day was over, and there was a general hurry and flurry among the dormitory girls over their packing up and good-bye calls upon each other, preparatory to leaving for their several homes the next day.

Eleanor Fairechild had stopped to read a letter from her mother, just handed her by a housemaid. She sat curled up on the floor in front of her trunk, with all her belongings scattered about her.

A tap on the door was answered by a joyous "Come in," and as her next room fellow-student entered, Eleanor cried out:—

"O, I've such good luck, Tabitha! Do sit down and enjoy it with me."

"Everyone seems to have good luck but me," sighed Tabitha Catlin as she seated herself. "There's Mabel Stowell going off to Europe, and Hattie Dean is to be married next month. How I envy her! I wonder if it is wicked to pray for love."

Eleanor smiled. "Why, Tabitha, I don't think it is wicked to pray for anything you conscientiously want," she replied. "That is how I came here to take the kindergarten course. You know my parents are poor,—no, I do not mean that, for mother says she is the richest woman in the world because she has papa,—but I mean we didn't have money enough to give me a good kindergarten course. I had just set my heart on the work because I love little tots, and there was not much show of having any of my

own. There isn't a single man I know that I could fall in love with, even if any one of them took it into his head to care for me."

"But I don't see how praying brought you here, Eleanor,—you told us a friend was paying your way."

"So she is, Tabitha,—but I never told you why."

"Why? It was your good luck again, of course," said Tabitha.

"So it was,—but what *is* luck?" replied Eleanor.

"Never mind, what did the prayer have to do with it?" demanded Tabitha.

"Perhaps *you* won't think it had anything to do with it, but *I* do," answered Eleanor. "When I decided just what I should like most in the world, I put it into the clearest, shortest sentence I could: It was: 'I most earnestly desire to become proficient in kindergarten work.' Then every morning when I woke up, every night before I went to sleep, and often when I was sewing or doing other things quietly by myself, I said this sentence over and over again, just as earnestly as I could."

Eleanor stopped to see how Tabitha took this much of her story. She had begun the tale to other girls who had ridiculed her and it had never been finished.

"Go on, I'm interested," said Tabitha, downing a superecilious smile that matched her thoughts.

"About three weeks after I began this,

I was walking along High street one day, when a little boy ran out of a gate, and down the street toward me. I saw an old lady run after the child calling him back. The little fellow was laughing at the fun of his running away, and when he saw me stop ready to catch him, he darted out into the middle of the street. A dreadful clanging behind me told me a trolley-car was coming, and I sprang for the child, who stood stock still with freight, in the middle of the track. I grabbed him just in time to save his life."

"O, Eleanor," cried Tabitha tenderly, forgetting her sneering mood at the story, "*that* was the trolley accident in which you had a leg broken. We always thought it must have been your carelessness, or you would have demanded damages from the company.

"Well," continued Eleanor, "it was really my fault that the child ran out into the street, and I have never felt I had done anything to be thanked for,—but the lady, Mrs. Field, did. The boy is her grandchild. She insisted upon my being taken into her home, where everything was done for me while I was forced to lie in bed. Then, when I was able to go home, Mrs. Field asked me what I would like most. Mechanically I repeated aloud my old prayer. Well, Mrs. Field is well off,—and you know the rest."

"I should never have such good luck," sighed Tabitha.

"Who first said, 'Thoughts are things'?" remarked Eleanor. "If they are, then your bad-luck thought, Tabitha, must be a very strong body that would take a mighty strong good-luck body to overcome it, for you are always adding to this bad-luck ghost of yours."

"You've not yet told me the latest," said Tabitha, ignoring Eleanor's remarks.

"It's a sequel to my story," laughed Eleanor. "As soon as I had repeated my prayer to Mrs. Field I was ashamed of being so prompt about stating my wants, for I should have known what she meant to do,—so I explained how it came so promptly to my tongue. It now seems that Mrs. Field has entered into a scheme with my mother to find out my latest prayer."

"You wish to travel, and now your fairy god-mother is going to provide the means," guessed Tabitha.

"You're wrong," answered Eleanor. "I couldn't possibly think of letting Mrs. Field do such a thing. She has done more for me now than I can repay her for in years,—I don't mean, of course, to pay her in money,—to offer it would hurt her,—but I shall do everything I can to make her life happier, for she has had a great deal of trouble."

"Well, what *is* the new news then," demanded Tabitha.

"Mother found out I was anxious for a good place in my chosen work at once, and Mrs. Field just 'happened' she says, to find a lady in our town who has an established kindergarten, and wants a partner, and so I'm to be the partner.

"Well, I shall not envy *you*," replied Tabitha. "I can't bear to have children near me,—they make me irritable."

"O, Tabitha!" said Eleanor, blankly. "I thought you were going to pray for love."

"Perhaps I shall,—but not *that* kind of love."

"But there's more love to the square inch of a child than to a whole man of the average type. I thought you had little brothers and sisters." Eleanor looked sadly at Tabitha.

"So I have," replied Tabitha, "and that's why I dread to go home. They are always pestering me with questions, and wanting me to do something for them."

"Tabitha Catlin, it won't do you one bit of good to pray for love,—the kind you want! If you cannot find the joy in the love that surrounds you, longing to be accepted, you'll never get anything but the husks of the other kind."

Eleanor went to work with her packing, to wear off her indignation at anyone begging for one kind of love while spurning another kind, and that other of the purest type.

* * * * *

Six months later, Eleanor received the following letter from Tabitha Catlin:

"DEAR ELEANOR: At last I see a glimmer of an answer to the prayer I told you I should try on, the last time I saw you,—but I've not much faith in the prayer part.

"I was so discontented when I first came home from school,—everybody seemed so provincial here, and the children,—well, I remembered what you had said, and really did try two or three times to think I loved them. Truthfully, however, I gave it up, for they *do* bore me so.

"But this is what I started to write about. We are having a new railway bridge built over the river here, and the engineer in charge, a tall, fine looking fellow, is boarding next door to us. I've just been on my mettle to make an impression, and it looks as if I were ahead in the race here. There isn't another girl in the village that can converse with him on his level I'm sure.

"He is a Harvard man, but doesn't seem to care a straw about the degrees he has received, except his C. E.—the most plebian of the lot. He is a trifle too earnest to suit me entirely, but as he is the best the village presents, I don't intend that any of these country-bred girls shall cut me out.

"Do write and tell me what *you* have been doing since school time.

"Your sincere friend,

"Tabitha Catlin."

To which letter Eleanor replied:

"DEAR TABITHA: Your letter took me back to the old school days that seem so far away now,—my life has been so full since then. I am deep in school work, and we have such dear, cute little children, time just flies.

"I, too, have a lover. He is the handsomest, frankest sweetheart one could ever desire. He had a birthday yesterday,—he's just six years old. When I asked him if he were not happy to have a birthday, he replied, 'Nope. I was born a orfun, and Grandma always cries on my birthday.'

"This is little Freddie Field who escaped from the trolley-car tragedy. I have him as a scholar. I told Mrs. Field what Freddie said, and the dear old lady cried again,—but this time because she was sorry she had made Freddie sad. I'm sure she will never spoil his birthday again. Mrs. Field told me that Freddie's father had been killed, and when he was brought home it so shocked his young wife that she died within the same hour, just as Freddie was born.

"I could write volumes about my little lover, as he calls himself, he is so quaint and outspoken, but this can suffice for today.

"Write whenever the spirit moves you, and believe me,

"Yours sincerely,

"Eleanor Fairchild."

Three months later Tabitha wrote:

"DEAR ELEANOR: "My prayer has not been fully answered yet, but things look promising. I cannot seem to enthruse my 'friend' to the point of making real love. He comes in three or four evenings a week. He has some business

with papa, but I manage to get him alone part of the evening.

"I have nearly been jealous of *you*, even as far away as you are. I told my friend about Freddie, and he became intensely interested at once. I thought he knew you, at first, but he says he does not,—only he had heard the story. He never talks of his own affairs. He seemed surprised you had made so little of your part, and told me the tale as he heard it, making you out a very brave girl.

"Well, from that time he quizzed me about you until it positively became irritating to me. Finally I shut him up on the subject by telling him you and I were not chums, had only exchanged one letter apiece since school days, and might never see each other again. I am thankful you don't live in this place.

"Your friend, not chum,

"Tabitha Catlin."

To which letter Eleanor replied:

"DEAR TABITHA: As you insist upon filling your letters with talk of 'him,' I shall retaliate and talk of my own true little lover. Mrs. Field has had a severe attack of pneumonia, and had I not been so worried about her I might have been heart-sick at the thought of losing my Freddie. When he was born his mother's brother and sister wished to keep the boy, but when Mrs. Field heard that the sister was about to be married, she insisted upon taking the boy. She agreed, however, that when he was seven years old his uncle could take him for six months during the year until her death, when he was bequeathed absolutely.

"Freddie's uncle comes to see him once a month, but only for over Sunday. Freddie loves him dearly,—and I don't blame him. I met his uncle the last time he was here, for the first time, but it seemed as if we had known each other for years. He had such beautiful dark

brown eyes that look right through you. But don't think *I* am in love,—for even if his eyes did thrill me through and through, it will not do me any good to think of them,—for Mrs. Field says he is going to be married soon.

"Yours as ever,

"Eleanor Fairchild."

It was about two months later when Eleanor received the next letter from Tabitha, and this proved to be the end of their correspondence.

"DEAR ELEANOR: I'm out of sorts with the world. My 'friend' has actually deserted me,—and I have not the shadow of an idea why. We were getting along finely, until one evening he took me to a church reception. When he came for me he brought a beautiful bunch of roses, and was so tender, for him, when he greeted me, I was sure that evening would settle the matter. It did, but not to my satisfaction.

"I left the room for a vase to put some of the roses in,—there were too many to wear,—and when I returned my lord was as stiff and cold as an icicle. Nothing could bring him around all the evening. I was out of sorts, too, because when I left for the vase, one of my little imp brothers grabbed a rose, and when I tried to get it from him he crushed it up in his hands. I slapped his hands and gave him a good piece of my mind,—but it left me crabbed.

"As my 'friend' hasn't been in but once since, and then only on business with papa, I think I am out of it, and shall have to look about for someone else to love. So much for answers to *my* prayers!

"Write when you have plenty of leisure.

"Yours sincerely,

"Tabitha Catlin."

Eleanor was vexed at this letter, and took advantage of the last sentence to

wait until she did have plenty of leisure, a time that never occurred in her busy life.

When Freddie's seventh birthday came no tears greeted him from grandma, yet her heart was a little heavy, for Freddie was to go with his uncle for a visit to his aunt. Mr. Walter Clark, the uncle, had not, however, insisted upon his "rights," and Freddie was to be gone only three weeks.

Mr. Clark had been to see Freddie every week of late, and had seen Eleanor each time, so that they were getting well acquainted. Eleanor became more and more satisfied that her Freddie would be in good hands when his grandma should be taken away, but her own tranquility of mind was fast leaving her. Freddie would be such a loss to her, and moreover, Mr. Clark had such a fascinating way of making one bright and happy in his company, that there was quite a void when he was gone. As Eleanor thought of his approaching marriage, she wished again and again that he would not come so often to see Freddie.

On this birthday morning, a Saturday, Eleanor called at Mrs. Field's to bid her little lover good-bye. Freddie and his uncle Walter greeted her in the sitting room, where they kept her, waiting for Mrs. Field who was packing Freddie's little clothes for the journey.

Suddenly an idea struck Freddie hard. Climbing into Eleanor's lap, and throwing his arms around her neck, he said:

"You're my god-mother, and I'm going to call your mother for short."

"What do you mean, Freddie? I am not your god-mother," replied Eleanor.

"Yes, you are," returned Freddie, "grandma says so."

"Why, Freddie, think a moment. Grandma never could have said so. I don't believe you know what a god-mother is."

"Yes I *do*, and you're mine," persisted Freddie. "Grandma tells every one that God saved my life, and when Kitty Burns told me she had a god-mother, I thought of what grandma says, and I told Kitty I had a Mrs. God. But Kitty said that wasn't the name,—it was god-mother."

Eleanor and Walter exchanged smiling glances.

"You'd better not call me mother, Freddie, much as I should like it, for soon there will be another whom you may wish to call mother." Eleanor's voice died down into a very low tone, for it was beginning to hurt very much to think that Freddie would soon transfer his affection to his uncle's new wife, and of course she would be lovely.

"Who other?" demanded Freddie.

"I suppose you will keep Freddie a whole half year at a time, when you are married, Mr. Clark?" questioned Eleanor by way of answer to Freddie.

Walter rose up nervously, walked over to the window, then back to Eleanor's chair, and laying his hand on Freddie's curly head, said quietly:

"We will let Freddie decide *then*. I am not sure that I shall ever marry. I do not know that the woman I love will take me."

Eleanor's color came and went. Her heart bounded at one sentence, and then stood still at the mention of the woman he loved.

"She doesn't know me very well," Walter continued, "but I have known her a long time. I never knew what love really was until I met her."

"It will be terribly lonely to lose Freddie," said Eleanor, trying to crush a lonelier thought, "but I suppose she is beautiful and good, and Freddie will be happy."

Walter caught her dejected tone and wondered. Then in the gayest mood, said:

"She is the sweetest, fairest, best little woman in the world." Then added more earnestly, in a low tone, "and if I do not gain *her* love I shall never marry."

Eleanor endeavored to listen complacently to these praises of her rival for Freddie's affection, as she put it to herself, and held the child closer to her as if to prevent his going.

"She isn't any fairer, nor sweeter, nor bester than my El—I mean my god-mother," asserted Freddie defiantly, hugging Eleanor so that her face was fortunately protected from view.

"I didn't say she was, Freddie," replied Walter, gaily. He was more than pleased at Freddie's loyalty.

To hide her confusion at Walter's incomprehensible remark, Eleanor said: "Pardon me, Mr. Clark, I should not have said what I did, had I not heard that you were engaged."

"Miss Fairchild," began Walter, "I have never been engaged, but I have thought for some time past of marrying, in order to have a home for Freddie to visit, or to come to when the time arrives. You understand?"

Eleanor nodded assent.

"I have been so engrossed in my work all my life, that I was blind enough to think that any intelligent, good-looking young woman would suit me. About six months ago I found such a one, seemingly drawn toward me, and I wrote to Mrs. Field that I intended to marry and settle down to one spot, for Freddie's sake."

Walter gazed out of the window a moment, then continued:

"Fortunately I was awakened in time, from my blind, unchristian idea of marriage, by the young woman herself. On the very night I intended to ask her to be my wife, I was forced to overhear a quarrel between her and

one of her younger brothers, in which she gave vent to her dislike of children in general."

"Well, Freddie could never have stood *her*," laughed Eleanor.

"And the fuss was all because her brother wanted a rose. His sister had too many for her own use, but wouldn't give one to the little fellow, and he crushed the one he had grabbed rather than relinquish it."

Eleanor looked up in amazement. Could Mr. Clark be Tabitha's "friend"? Why not? Mr. Clark was a civil engineer.

"Still, I have her to thank for making me more thoroughly acquainted with the dear little woman I have since learned to love in reality. They roomed next each other in the dormitory at college." Walter looked at Eleanor as he said this, but Eleanor had nestled her face into Freddie's neck to hide the flush of pleased confusion that overspread her face.

By this time Freddie had caught onto the gist of the conversation, or at least enough to realize that there seemed to be another who might usurp his Eleanor's place in some way.

"I'll not stand anyone else," he pouted, with tears in his eyes, "I won't go with you, uncle Walter. I *hate* her."

"No, you don't, you little lover," laughed Walter, "in your small way you love her just as much as I do,—that is with all my heart."

Walter caught Eleanor's eyes and looked earnestly into them. What he saw there caused him to pick up Freddie, carry him to the door and say:

"Run and tell grandma the visit is postponed."

The boy was gone and the door closed before Eleanor realized everything. She rose in confusion and said:

"I'll go and see Mrs. Field."

Walter caught her hand and detained her.

"Do you think the little woman I love can ever love me?" He looked so beseechingly at her,—just as if he really

doubted the answer,—that Eleanor laughed joyfully and replied:

"She has never done anything else since she first met you, Mr. er—Walter."

The More Abundant Life.

ABOUT FOODS ONCE MORE.—ALL FRUITS EXCEPTING BANANAS PICKED BEFORE MATURITY UNFIT FOR USE.—SWEET RIPE FRUITS ALWAYS GOOD.—DISORDERED CONDITIONS OF THE BODY EVIDENCE OF UNCLEAN HABITS.—WHY VEGETARIANS ARE SELDOM ILL.

By EDGAR WALLACE CONABLE.



In continuing the subject of an uncooked dietary, the writer will proceed by pointing out a few more of the obstructive elements which conspire to make the efforts of the would-be "reformed" a hardship.

While apples are one of the best, if not the best,—most nutritious, most palatable and most easily digested of all the fruit family—the same objection, that of being picked in an unripe stage of development, applies with the same force to this fruit as to the orange previously mentioned. In fact this same objection applies to nearly every tree and vine fruit found in the market, with the one exception of the banana. Still, it may be observed, that the apple, especially the long-keeping variety, is less likely to be taken from

the tree in a wholly objectionable state of development than almost any other fruit. But the sour—very tart—apple is always objectionable, likewise all other sour fruit. Eat plentifully of sweet apples, not especially of the variety technically classed as the sweet apple but of such general varieties as give evidence of having fairly approached the ripening stage before being taken from the tree.

No one can make a mistake or suffer distress from eating plentifully of practically every kind of fresh ripe fruit, provided, of course, the stomach has not been seriously abused. And then, even in an abused state, fruit will go a long way toward righting the wrong, farther than drugs.

Whoever says he cannot eat ripe fruit because it induces distress in the stomach, needs a thorough overhauling and complete renovating. Such stomachs need to be treated as a steam-cleaning machine would treat a filthy carpet. Nothing short of this will answer the purpose; then care should be taken not

to again relapse into the same uncleanly habits. Could all persons understand that a disordered stomach is the best evidence in the world of their unclean habits, they would be less likely to call public attention to the fact. The time will soon come when to be afflicted through careless and unnatural treatment of the body, public indignation will be aroused to such an extent that the guilty offender will be treated by the health department (not composed of doctors) with the same consideration that is given to an unsanitary sewer. They are analogous cases.

The fruitarian and the nutarian and the vegetarian (not the cooked vegetarian) soon become immune to disease and diseased conditions, since, with the greater knowledge acquired through the study of nature's processes, he learns how to take care of his body.

Nearly all nuts are good (barring the peanut which is not a nut), but some nuts are better than others from the standpoint of food values, ease with which they may be digested, etc.; but we wish to emphasize this fact, that the stomach which cannot successfully handle all classes of food which have first been properly masticated is not fit to inhabit the earth. Its days of usefulness has long since passed beyond recall.

Pecans and English walnuts are among the most desirable and most easily digested members of the nut family, the former being preferable. Both furnish nerve food. Almonds are also good, but less easily handled in the absence of thorough mastication. About all the nut family is good, barring the cocoanut, and this would be good were it possible to procure it at the proper stage of development. Still, no one should eat an entire meal on nuts. Nuts are too concentrated a food to be used

exclusively. One is in danger of eating too many before the appetite feels satisfied. It takes much longer to digest nuts than either fruit or vegetables.

A word in passing concerning peanuts. The peanut belongs to the legume family and is classed with the bean, pea, etc. It is a very concentrated food and can be handled only by those who are engaged in hard manual labor. This refers to the peanut in any considerable quantities. A few, well masticated and in the uncooked state, may not be found harmful. But above all, never use salted peanuts, or any other kind of nuts with salt for that matter. The idea that the use of mineral salts is necessary to aid in the process of digesting nuts is a fallacy. The "aid" should be in the mouth where it properly belongs. Salt—well, salt was "invented" for the specific purpose of pickling pork, not for pickling human stomachs. The salt appetite comes from eating foods out of which all the natural salts have been extracted through the process of cooking. However, there is a way to cook foods whereby the natural salts are largely preserved, but our space is too limited to here discuss this phase of the food problem.

A few paragraphs back reference was made to the banana as being the one exception among the fruit foods which may be picked before it is fully matured. This statement should be explained, since so many taboo the banana because it finds its way to the market in a perfectly green state and matures thereafter. Respecting this the writer has often been interrogated when claiming that the banana towers above all other foods, fruit or otherwise, as being the most desirable for the human family at all times and under all circumstances.

The banana possesses all of the ele-

ments of food nutrition required by the body; provided, however, it is eaten at the proper stage of development. Nature has been extremely kind in her treatment and method of developing this most luscious fruit to its maximum of food value, and in making it possible, even though of tropical birth, for all peoples of nearly all climes to enjoy its blessings.

All of us have seen the great bunches of bananas hanging in front of every fruit store. Well, these green-skin urchins, "prematurely" picked, as it is said, are all clinging to the mother-breast, where sufficient nourishment is deposited by nature and there concentrated, to bring the little ones into full maturity. The great central stem is the mother-body, out of which nourishing substance is constantly being withdrawn by the fast-maturing swarm of youngsters. Steadily and persistently the golden hue takes the place of the green. An examination of the mother-body will reveal the fact that this body is shrinking and withering just in proportion as the nourishment is being withdrawn. The mother is giving up her very life-blood, ample for the purpose at the outset, for the development and perfecting of her children. When the last child is fully arrayed in its beautiful habit of gold, then the mother's labors are at an end. She has been faithful to her charge unto the last offspring, and with a mother's last blessing to the magnificent family which has been so tenderly reared, she sends forth each member as a messenger of joy and comfort to gladden the hearts and stom-

achs of the waiting multitudes. This mother, great, unselfish soul, has performed her mission well, and, with no tear-stains upon her cheeks or regrets to leave behind, she passes out into the great fathomless beyond.

Surely, this passing into eternity is not entirely unlike that of other forms of growth. And yet, who shall say that all which have gone before have dispensed more of the real sweets of life along the winding pathway of the more advanced children of God than this golden-crowned child-bearer of the Tropics?

The banana is ready to be separated from the mother-stem the moment the last tinge of green has disappeared from the extreme outer end, not before. Turn back the outside coating, scrape away the outer thread surface and serve without neutralizing or destroying the delicious aroma or flavor by the addition of any sort of dressing or "trimming," being exceedingly careful to thoroughly masticate each mouthful. So many people say that they cannot eat bananas because they do not "set well" on their stomachs. This is because of insufficient chewing. Left to look out for itself, the banana will just slide down to its destination so anxious is it to perform its mission of mercy. But it must be corralled for a time in the mouth, where it will melt and go all to pieces, dispensing its wondrous possessions of life and strength to every atom of the body, not neglecting the spirit-self, which is fed and nurtured upon the delicious "scents" of all the sweets of heaven and earth.

Power.

There shall be noble fire
In each plain task of ours, when we require
Firmly—and strive to gain—
Full mastery thereof, of heart and brain!

—Aldis Dunbar.

The Editors Abroad.

A LETTER TO THOSE AT HOME, IN WHICH THE
DOINGS OF OUR CHIEFS ARE TOLD.—OKLAHOMA—
SALT LAKE CITY—LOS ANGELES—PASADENA—ECHO
MOUNTAIN WITH PROFESSOR LARKIN—ELEANOR
REESBURG—THE CAFETERIA—MR. AND MRS. MAR-
TIN—MRS. DAVIS—DR. LADONE.

By WILLIAM E. TOWNE.

Dear Mr. Kaufman: Your letter is at hand, complaining that we do not keep you informed as to what we are doing and seeing.

This recalls the incident of the small boy who was about starting upon a vacation trip when he was reminded by his mother that he had not packed his hairbrush, with other necessary toilet articles to be taken along. "Gee, ma," was the reply, "I thought this was to be a *vacation*."

The truth is that traveling spoils us for writing—for a time at least.

We have hardly had an opportunity to draw a long breath since we left home, so thick and fast have events piled upon each other and so kind and attentive have been the hosts of friends whom we have met in Guthrie, Kansas City, Denver and Los Angeles.

I think I will skip the first few thousand miles of our journey, as it will be described elsewhere, and start this record with Salt Lake City, where we made a few hours' stop on the afternoon of April 29.

It was snowing when we reached Salt Lake and the streets were filled with water and mud. The street department

was wrestling with the near probability of floods. As Salt Lake is over four thousand feet above sea level, we found the cold very penetrating, and this, with the storm, made sight-seeing pretty much out of the question, so we went directly to the hotel and got rid of several days' accumulation of soft coal cinders and dust.

I did wander out just at nightfall to get a look at the Mormon Temple, three blocks away, but inadvertently stepped in a hole in the sidewalk which was filled with water deep enough to reach over the tops of my shoes, and this dampened my interest as well as my feet.

It cleared beautifully about eight o'clock, just before we started for the Oregon Short Line station, where we were to take the train, via the San Pedro route for Los Angeles.

The train was an hour and twenty minutes late, but all of this time was made up before we reached Los Angeles.

Nearly all of the railroads out here on the Pacific Coast burn oil in their engines in place of coal, and it adds about fifty per cent to the pleasure of traveling. There is very little smoke from the

oil and no cinders. It reminds us of the big, clean, powerful electric engines which haul the New York, New Haven and Hartford trains through the tunnels leading into New York City.

The morning after we left Salt Lake we woke up in the semi-arid region of Nevada, and the heat was in strong contrast to the snow storm of the previous day.

Early in the afternoon we passed through the extreme southern portion of the famous Death Valley. Here the sand is very fine and light and is constantly drifting. The heat was intense and the back platform of the observation car was coated a quarter of an inch deep with sand.

Fortunately this did not last very long, and about five o'clock in the afternoon we came out from the mountains and sand-hills and dropped down several thousand feet into the very midst of the orange growing section of California.

The abrupt change from the heat, dust and almost complete absence of vegetation to the beautiful orange groves, the green fields of waving grain and the great masses of flowers was most pleasing.

We went to the rear platform of the observation car and rode for twenty or thirty miles through the orange groves on either side of the train, drinking in the sweet fragrance of the blossoms. The orange tree bears blossoms and ripe fruit at the same time. In many places we saw oranges scattered under the trees just as we see apples in the East. The foliage of the orange tree is very green and very dense and makes a delightful contrast to the white blossoms and golden fruit.

We arrived in Los Angeles early in the evening. Our first glimpse of "The City of Angels" was not very prepossessing, as it seemed to us that the streets

were not well lighted. This impression was removed as soon as we came to the main streets of the city. These streets are lined with groups of beautiful boulevard electric lights of high power, placed so close together that the streets are many times lighter at night than during the day. The lights are mounted upon lamp-posts set at regular intervals at the side of the street. Each post supports a group of lights consisting of one large light in the center with six smaller lights encircling it. Each light is encased in a globe of white porcelain glass, and the result is very effective. The same idea is carried out in the main streets of Pasadena and San Diego, only the lights are grouped in a little different way in each of these places.

The morning after our arrival we started out to look up Miss Reesburg, of the Metaphysical Library. The whole city was celebrating "tag day" for the benefit of the United Charities. The streets were thronged with people. Brass bands were parading the principal thoroughfares. In front of our hotel a prominent actress was standing in her automobile selling tags to the passersby. Some of the tag sellers were dressed as hoboes, and in other peculiar styles, so as to attract attention—a form of advertising. Everyone wore a pleased look. I have never visited a city where there seemed to be such a perpetual gala day spirit manifested as in Los Angeles. The people raised \$15,000 as a result of celebrating "tag day."

Vegetarians ought to be able to live cheaply in Los Angeles if anywhere. Very nice oranges can be purchased for ten cents per dozen. Strawberries for five to seven cents per basket. Asparagus and lettuce at prices which make an Easterner's mouth water. Eggs and butter, however, are higher than in the average Eastern city.

The flowers were a never ending marvel to our Eastern eyes. Roses in full bloom climbing over the second story of a gable end were a common sight. Geraniums forming a solid mass of color to a height of fifteen or eighteen feet were grouped around the bases of many large palm trees.

One of the wonders of southern California is the eucalyptus tree. We visited some friends who live in the midst of a eucalyptus grove. None of the trees are more than eight or nine years old, but many of them are from twelve to sixteen inches in diameter and fifty or sixty feet tall. In a public park we saw some eucalyptus which had their tops cut back a year ago. The new growth could be plainly distinguished, and would measure twenty-five or thirty feet in length upon each tree.

The annual Metaphysicians' May Festival was celebrated in Los Angeles May 1, and in spite of the fact that it was also "tag day," over two thousand people attended the two meetings held in Blanchard Hall.

The editor of *The Nautilus* was present at both meetings and gave brief addresses.

This May Festival is a regular institution in Los Angeles. Emerson says an institution is but the lengthened shadow of one man, and the May Festival is the outgrowth of the work of one person, only in this instance it is a woman, Miss Eleanor Reesburg. Miss Reesburg conducts a Metaphysical Library and reading room in the Grant Building. She is a living example of what practical new thought can accomplish, and is one of the most indefatigable workers I have ever known. She has a twin sister who resembles her so closely that people who meet them for the first time wish they would wear labels to facilitate identification.

Elizabeth delivered two lectures and a course of seven lessons under the auspices of Miss Reesburg. The lessons were repeated each evening for the benefit of those who could not attend in the afternoon.

One of the pleasant features of our stay in Los Angeles was our initiation into the Cafeteria habit. Miss Reesburg has brought many prominent new thought lecturers to Los Angeles, and she always invites them to dine at a Cafeteria. The Cafeteria seems to be a Pacific Coast institution. It is a restaurant where everyone waits upon himself. The tables are enclosed within a railing. You turn to one side upon entering and select from a counter a knife, fork, spoons and napkin for your use. You wrap the hardware tightly in the napkin to save space. Next you take a large tin tray from an inexhaustible pile near at hand and place the napkin and spoons upon one end. You then pass down a long counter where the food is displayed all ready to serve, and a neatly dressed girl hands you a plate of salad, a dish of butter, a slice of bread, or whatever your selection may be. When your tray is heaped with all the good things you desire (including a glass of delicious California grape juice) you pass through an opening in the railing to where the tables are waiting. On your way through you come under the eagle eye of a young woman sitting at a desk upon which are arranged an endless quantity of circular discs used as checks, each check marked with a sum of money. The amounts vary from one cent to sixty cents. As you pass this capable young woman she glances over your tray and in an incredibly short space of time has figured the amount of your purchases and handed you a check which represents the total. You then select a table, arrange your food and begin. A

Japanese boy takes away the empty tray and keeps the tables cleared of dishes. When you have finished you pass out at the opposite side of the room and hand your check and money to a cashier at a desk. You can't give any tips in the Cafeterias, and it is all very simple and expeditious.

We spent one delightful day in Altadena with Mr. and Mrs. Albert Martin. Mr. Martin is editor of the Pasadena *Star*. Mrs. Martin has been an occasional contributor to *Nautilus*. At the home of these good friends we made the acquaintance of George Wharton James, author of "What the White Race Can Learn From the Indian," and many other well-known books. Long ago when Mr. James was an invalid he came out to the great American desert and camped miles from civilization for several years until he completely regained his health. He is now bronzed, healthy, full of energy as a steam engine and as bright and witty as Chauncey Depew.

In the afternoon we ascended Echo Mountain as far as the Observatory to visit Prof. Edgar L. Larkin. He showed us the wonderful big telescope, gave us a reflected glimpse of a few sun spots, and an interesting lecture upon astronomy. Professor Larkin has a most extensive occult and scientific library, containing complete files of *The Open Court*, *Nautilus*, and similar publications covering many years. Personally the professor resembles a character from Dickens. He is completely absorbed in his study of the stars and allied phenomena in nature, and is far removed in his life and thought from the ordinary business world. There on his mountain top he overlooks the beautiful

surrounding country for hundreds of miles, and in the background the rugged mountains of the Sierra Madre range keep him company. Thousands of tourists ascend Echo Mountain every year and visit his observatory and listen to his explanations of the philosophy of the stars.

Mrs. M. Evalyn Davis, author of "The Life Beautiful," invited us to spend a day with her and she and Mr. Davis took us out in an automobile to their beautiful home at Ocean Park Heights. It seems wonderful to an Easterner that so much can be accomplished here on the Pacific Coast in two or three years' time in the way of surrounding a home with trees, shrubs and flowers. The Davis lawn is covered with masses of luxuriant roses, shrubs and trees, all grown within three years' time.

Another beautiful home which we visited on several occasions was that of Dr. Leon Elbert Landone, situated in Hollywood. Dr. Landone owns seventeen acres of grounds crowning a little hill which commands a view of Los Angeles on one side and the Sierra Madre mountains on the other. He is establishing a school for the education of children according to very advanced methods. His object is to develop self-reliance, self-support and initiative in the child as opposed to the present system of supplying him with ready-made rules and impulses of conduct. We shall have more to say about Dr. Landone's methods.

I should like to write much more regarding the many kind friends we met in Los Angeles and regarding the city and surrounding country, but time is too short.

*Our growth is measured by how many ways we
can express ourselves and be happy.—Purinton.*

Mind: Precursor or Result of Life?

A THEORY ADVANCED THAT MIND WAS A PROPERTY OF THE FIRST ANIMAL.—LIFE IS BEYOND HUMAN UNDERSTANDING AT PRESENT.—MR. LOEB'S THEORIES AND EXPERIMENTS.—THE TERMS USED BY NAGELI, SPENCER, HAECKEL, DARWIN, ENGLMANN, JAMES, BARRACKMAN.

By EDGAR LUCIEN LARKIN.



Abiogenesis commonly, and for long called spontaneous generation, the self-development of life on earth, the production of terrestrial life from the non-living elements has not been demonstrated. Life, here

on this planet did not cause itself; nor did inert, that is non-living matter, cause it to appear. Science may as well accept this now as to put off the inevitable. Suppose that an adult human being should be landed on an island ten miles in diameter at night. Let him make thorough exploration of his isolated home day after day until he had searched every minute point and found the insular land to be totally void of all traces of humanity but himself. Then suppose that night another man should be placed on the opposite side of the island, ten miles away; and that the first man should instantly become aware of the fact that the second man had arrived. We would say that the method of discovery was mental, had to do

with mind—was mind. Microscopic particles of protoplasm enclosed in excessively thin walled sacks or bags of glue-like tissue are aware of the presence of each other and of food when the distance between them in the water is as great in proportion to their dimension as ten miles is to a distance between men. I assert that the knowledge of each other's presence is actual knowledge—that is—it is mental. Therefore mind was a property or faculty of the first animal on earth. It was neither an effect nor result because mind made the minute first organism. But the first particle of protoplasm was a plant or became part of a plant. Very likely this will be called metaphysical, not science. Then let it be metaphysics. Let consciousness be not called a reflex chemical activity, but a refined mental entity.

Jacques Loeb's classical experiments with living matter with organic beings in their simplest form do seem to put life on a purely chemical base, and made it appear that the mystery called life is a result of chemism only. The hypothesis advocated in this article is that life is far and away beyond human understanding or scrutiny at pres-

ent. It cannot be secured and analyzed. Thus protoplasm contains other than oxygen, carbon, hydrogen, nitrogen and sulphur. It contains life besides. A particle of protoplasm, the only substance on earth containing life, having a diameter of the one one hundred thousandth of an inch may contain one million particles of life. Surely a strange expression, life-germs may be a better term. And it may contain one billion. This is a way of saying that life in its ultimate analysis descends down to the dimensions of primordial electrons—the only entities or things in existence. Then all matter is alive—the word inert being obsolete. But the title of this note is mind. I have not seen a tenth of the books on biology, but do not think it possible that any now teach that abiogenesis is a fact in nature—that life of itself either originated itself on the earth in non-living matter, or that non-living matter caused it to be. Mr. Loeb gave me his treatise entitled, "On the chemical methods by which the eggs of a mollusc (*Lottia Gigantea*) can be caused to become mature." With great skill he actually caused the eggs to mature by rigid physical or strict chemical methods apparently and elicited the admiration of the scientific world. Now to me, every chemical action is mental. The formation of every crystal is a mental process, and of everything in existence whatever. I have no conception of what mind is, neither of the electron or corpuscle, but I believe in directivity and that it is inherent in electrons. But directivity is a mental word—it relates to mind. Look closely into this: Directivity is the only word that can be used here. Thus an organism so exceedingly rudimentary and primitive that it has no nucleus within and no structure, no brain, nor nerves has mind within.

Thus Mr. Loeb while handling chemicals, protoplasm, albumen, colloids, all glue-like substances, was at the same time dealing with life-germs many thousands of times smaller than the molecules of the chemicals, and many times more minute than atoms. He was handling electrons, the only life.

CARL VON NÄGELI.

Nägeli's micellæ, Spencer's physiological units, Haeckel's plastitules, Darwin's gemmules, Engelmann's contractile units, James' mind-stuff and psychic atoms, Barrackman's thinking substance, are all impressive and expressive terms. So is the term nascent corpuscles. More wonderful is the word directivity and still more the word omniscience. This latter word was developed in prehistoric times. Mind was the precursor, forerunner and harbinger. It came to the earth and caused terrestrial life to appear. Life is immanent, yet elusive and cannot be dealt with in retorts and chemical apparatus. Micella is a diminutive of Latin *mica*-crum, one of the theoretical structural particles of the hypothesis of Nägeli which form organized bodies, supposed to be biaxial crystals each enveloped by a film of water. Funk & Wagnal's Dictionary. See this: "From the behavior of organized substance toward water absorbed by it, Nägeli concluded that water does not penetrate into the micellæ, but only among them, thus merely separating them more and more from each other. He reasoned that if water should penetrate into the micella, its structure would be disintegrated. Hence he argued that organized bodies consist of solid micellæ, which, with their respective films of water, are held together by: First: The attraction of the micellæ for each other; second, the attraction of the micellæ for water, and third, the force which holds together

the ultimate chemical molecules of which each micella consists." From other researches Nägeli came to the conclusion that the micellæ are crystals. Did words ever contain more truth? Since living things have been seen in the microscope having diameters of only the one one hundred thousandth of an inch, and since these are composed of protoplasm which is very largely water, the micellæ must be small indeed. But there are untold duodecillions of organic living beings of much less dimensions than 100,000 to the inch. Each micella is surrounded by an adherent envelope of water, but water cannot enter one of these. Why? Because the atoms of the water are too large. How does a plant or animal grow? The astounding process is that water enters between micellæ and forces them apart. For the bulk of plants and an-

imals is water. Now is the water alive or the micellæ? Then water and these micellæ form protoplasm, that is, albumen, a glue-like substance. Quadrillions of micellæ can aggregate almost without water in between and form nearly solid masses of life, cultures now grown in biological laboratories; each individual being far and away beyond reach of vision in any microscope, whatever its magnifying power. But micellæ are crystals, regular geometrical forms. I have watched many kinds of crystals form with amazing rapidity under the microscope. And in no process of physical nature is directivity in more impressive display. Micellæ are made of life, are life, are alive. Nothing else exists. They are electrons. They are unknowable now. They are electricity. They are thought, mind, matter, identical save in differing rates of motion.

On the Inexistence of Evil.

*"Neither hath this man sinned nor his parents but that the works of God should be made manifest in him." * * * John IX-3.*

Bid shapeless priestborn evil quit its lair;
Its creed cast shadow shall not darken Earth
With vain delusion, its abortive birth
Shall but endure as ice in sunray's glare.
Think not its gaping menace shall ensnare
Our white souls to their doom, shall give for mirth
The helpless wail of grief, black crime for worth,
Shall spread death's gloom over life's roselight rare.
Not so, vain dream itself shall fade and flee.

A mere prophetic blank, an empty plea
Groping with shadowy hands for truth's decree,
As stars can throw a pathway o'er the sea
So in our sins' chimeric stormclouds we
Love's radiant lining silver white may see.

—Marchesa F. Alli-Maccarani.

Master Keys of Power.

DIFFERENCES ARE SURFACE: RESEMBLANCES
FUNDAMENTAL AND INHERENT—CAUSES FOR EACH.
—THAT WE ARE NOT DIFFERENT ACCOUNTS FOR
OUR LIKE DESIRES.—THE ATTITUDE OF NON-DIFFER-
ENTIATION WILL BRING ABOUT AN IDEAL CON-
DITION.

By W. R. C. LATSON, M. D.

NO. 7. NON-DIFFERENTIATION.



The most remarkable fact, perhaps, about human beings, is that they can be at once so different from one another and yet so much alike. As we study ourselves and our fellows more closely we

find, however, that the differences are on the surface; the resemblances are fundamental and inherent.

The differences between people may be traced to the influence of race, climate, education, social influence, religious belief, family traditions and the personal convictions and ideals drawn from such factors. It is these that make the differences between Australian Bushman, the Hindoo yogi, the Cape Cod fisherman and the cultured and refined gentleman of Europe or America.

Standing these four types side by side for comparison and contrast the first superficial impression is that they have

little or nothing in common, that there are no points of resemblance, only differences. Looking under the surface, we shall, however, find a startling commonality of emotional and spiritual, even mental, activity.

The Bushman shows a paternal and domestic instinct as strong, perhaps even stronger, than the cultured European. The uncultivated fisherman often rises to heights of courage and self effacement, far beyond the powers of the high bred gentleman whose creed is self effacement. And a little goading only, a little encroachment upon what either of them deems his "rights" will often reduce the gentleman or the fisherman to the level of the savage. Lastly, each has some form of religion, call it what you will; and each has a deep instinct of self protection and self preservation.

These are only a few points of resemblance. The deeper we study men, the more we find resemblance, the less do we heed the differences which, as we have seen, are mainly superficial and incidental.

To realize this is to achieve the first phase of non-differentiation. Between

the king of his throne and the humblest serf, between the millionaire magnate and his poorest servant, between the richly gowned and gracious lady and her sister of the pavement—the differences are on the surface. All are of one flesh, all are children of the great, good God, and one heart beats for all.

And the second step in the realization of non-differentiation is the acceptance of the fact that you and I differ not from the others. We are not spectators and philosophers merely; we are actors in the great drama. We are neither better nor worse than those around us,

notwithstanding such advantages as education, reflection and position, social, financial, professional, may confer.

Such an attitude of non-differentiation is the only one compatible with fairness and charity; such an attitude is the only one which will enable us to put ourselves in another's place, to realize the conditions surrounding him, the motives actuating him, the reality of his act. And I may add that such an attitude is the only one which will lead to that true democracy and sympathy which is the first essential to the true spiritual life.

What Is Truth?

MOTION DEFINED.—DO TIME AND SPACE MOVE?—
TIME, SPACE, FORCE AND ATTRACTION COMPARED.
—A LOGICAL ANALYSIS OF "ATTRACTION" BY USING
EMPTY SPACE AS A BASIS.

By WALLACE D. WATTLES.

V.

MOTION.

I presume no one will deny that motion is a reality; we know that we move, and we know that motion is going on all around us. The immensity of motion is staggering when we come to consider it; the motions of stars, suns, planets and satellites; of rivers, lakes and seas; of wind and clouds; of the circulation of sap and blood; of atomic vibration, and so on. Motion is the cause of light and heat; of sound, tone, color, electricity, magnetism. Differences in the shape and motion of atoms make bodies solid or gaseous, and differentiate the so-called "substances" from each other. It may be seen then that motion plays an all-important part in the work of creation;

that motion is the work of creation in progress; and so the study of motion becomes very important indeed. What is motion?

That which moves is neither time nor space; it is not conceivable that either time or space should move. That which moves is substance. Motion, then, is a shifting of substance from place to place; or from one part of space to another part of space. And are there different kinds of motion? In a way, there are; and the difference depends upon the time used in making the motion, and upon the direction in which the motion is made. That is, there are fast and slow motions; circular and linear motions; and those metaphysicians who contend that time and space do not ex-

ist should consider that if there is no time there is no such thing as fast and slow motion; and if there is no space there is no motion at all, for there is no place to move to. No more preposterous absurdity has appeared in modern thought than the denial of the existence of time and space. Motion, then, is the shifting of substance in space and time. And what causes motion?

To this you will be ready to answer "forces"; and after a little consideration you will see that that is no answer at all unless you tell what force is. What is force, and how does it cause substance to move? Force is not time; we cannot think of time as causing motion. Force is not space; we cannot think of space as causing motion. If force is substance and causes motion, then substance moves itself; and if force is not substance, then it is nothing, or empty space, and empty space cannot act on substance so as to cause it to move. It is all very well for scientists to write of atoms as being "electrons" or ultimate units of force; but these electrons are either substance or they are not; and if they are not substance they are nothing but empty space, and in that case there is no substance, no existence, no consciousness, no anything. Either force is substance, or it is something in substance; and if it is something in substance which is not substance, what is it? And how can that which has no substance act on substance so as to cause motion? Force is not motion, for it is the cause of motion and the effect cannot be its own cause. Let me now try to give you a definition of force.

Force is pressure of substance against substance. Try to exert force upon anything in any other way than by pressing substance against it; can you do it? Try to cause a body to move in any other way than by pressing something against it;

can you do it? Try to conceive of force as being exerted upon any body without pressing anything against it; try to conceive of force as crossing a complete vacuum where is no substance of any kind. Force is pressure of substance; that it can be anything else is not thinkable. And this brings us to the consideration of what is loosely spoken of as "attraction." It is stated that all solid bodies "attract" each other, and that every body in the universe attracts every other body; but those who make these assertions do not tell us how the attraction is accomplished. If bodies "attract" each other, then they exert force upon each other; and if they exert force upon each other they must cause pressure upon each other; for how can a body exert force upon another except by causing pressure upon it? If "attraction" is an unsubstantial thing, then it cannot affect substance, or cause motion; if it is an unsubstantial thing, then it is empty space; for where there is no substance there is only empty space. Can you think of an "attraction" crossing an empty space? What would it be like, and how would it get across? Can you think of a "vibration" as crossing an empty space? How would it be transmitted where there was nothing to vibrate? Can you think of a force as crossing an empty space? What would be the shape, size and general appearance of a force apart from substance? By considering all these points we see that what we know as force is simply pressure of substance; or, one portion of substance pressing against another portion of substance; and that force can be nothing else than this. And we see that pressure causes motion, and that motion, in turn, causes pressure; so that force and motion are mutually convertible, each into the other. Also, we see that there is only one force, the pressure of substance; and

that all the so-called "forces" of nature are merely different rates and modes of motion, and have their origin in the One Force—pressure of substance. Furthermore, we see that there is no such thing as a universal attraction which bodies exert upon each other, but that there is a universal pressure, impelling all bodies toward each other in a definite and orderly way; and to the study of this universal pressure we will next turn our attention. Time, space, substance and motion exist. Substance is conscious. Motion is caused by pressure of substance against substance, and the varying forms of substance in the visible creation are caused by differences in motion.



By WILLIAM E. TOWNE.

* * * Civic improvement movements which are spreading over the country are one manifestation of the growing consciousness of unity and the oneness of the race. The other day I attended a meeting of federated women clubs in Oklahoma, and in reporting works accomplished during the past year, almost every club gave prominent place to civic improvement. One club had induced the mayor of their town to issue an order for putting in garbage cans and cleaning the alleys. At another place they had succeeded in getting the children interested and were to have a regular cleaning up day. Others had held entertainments and raised money for various forms of civic improvement. In one town they had been instrumental in securing adequate milk inspection. And so it went. Almost without exception these clubs were doing something

practical for the good of all the people in their respective communities.

* * * Parents who know something of the power of suggestion should keep from their young children the "comic" supplement which accompanies so many of the Sunday newspapers. Do not allow the impressionable mind of your child to be drugged with the grotesque, unnatural, distorted excuse for humor which these supplements furnish.

* * * Courtesy and politeness are the ball bearings of the home. Courtesy reacts upon character and produces adaptability. Flexibility, the power to adjust ourself to our surroundings, gives us power over life. When we can learn the lesson of what seems to be unfavorable environment instead of constantly chafing against it we are in a condition where growth is possible.

* * * A too rigid conception of life, and especially as regards the duty of others towards ourselves, cuts us off from growth. We stagnate, become fixed and retrograde. We grow fastest when we are most conscious of life as a whole—of ourselves as a part of the whole. When we work for something which is not only going to benefit ourselves but other people, we rise into a consciousness of life on its universal or cosmic side.

* * * The life of the individual is strong and beautiful just in proportion to his sense of oneness with Life Universal.

* * * Thinking without acting is not much better, in the long run, than acting without thinking. Neither method will ever bring you to the goal.

* * * One of the interesting sights around Los Angeles is the Cawston Ostrich Farm. The birds weigh from 800 to 1,100 pounds, and consume

enormous quantities of food without ever being satisfied. Their principal food is alfalfa with a few tons of sugar beets, cabbages, etc., thrown in each day for dessert. The birds are fond of oranges, which they swallow whole just as a chicken swallows grain. They dote also on ladies' hatpins. The birds at the Cawston Farm are all named after celebrities. We saw President Roosevelt and wife living in a pen next to George Washington and his spouse. Although, as a rule, ostriches mate for life, George was living with his second wife. His first wife got to flirting with another gent and George got up early one morning and kicked her to death. So they put the wicked old bluebeard in the mating pen again, and he selected another wife. The second spouse was fully as large and heavy as George and she ruled the roost. When we were there George was meekly sitting on the family eggs, while Mrs. George enjoyed herself. It is the custom for the male ostrich to sit on the eggs at night, and for an hour or two during the day, but George was working overtime. Carrie Nation was an old maid, whose feathers were not worth her alfalfa and beets, they told us. She was living in the pen with a poor lone bachelor, whose name I do not recall.

* * * I went into a Los Angeles theater a few weeks ago where the price of admission was very moderate. My seat was in the third row from the orchestra and in front of me I saw a sight which filled me with surprise. The first row center was occupied by six women and three men. The second row by six women, three men and a child. Evidently the time honored bald headed row is a dead letter in Los Angeles. The reason probably is that Los Angeles theaters are allowed to present nothing but the cleanest performances.

* * * Many a refractory stomach has come into tune through Christian Science and new thought treatments. No organ of the body is more sensitive to adverse suggestions. I believe that seasickness is very largely an artificial product, created by adverse suggestion. One day while in Los Angeles we took a trip to Catalina Island. The channel between San Pedro and Avalon is usually rough, and everyone who makes the trip hears harrowing tales of seasickness occasioned by it. The transportation company makes ample and visible, I might almost say ostentatious' provision for seasick passengers, and of course the demand is followed by supply. There were many sick on the boat the day we made the trip, yet I have several times been where there was even more occasion for seasickness without anyone's succumbing to it.

* * * The man or woman with strong emotion, impulses and passions, possesses a valuable capital of raw material out of which forceful character is developed. Thank God if you have individuality. The most useless people in the world are those who are run in a mold of conventionality, authority and precedent.

* * * The weakest link in our present system of educating the young is that from the primary school to college the pupil is taught to look to some outside source for all his knowledge. If he experiments, it must always be according to some one else's formula. He is never taught self-dependence. He gets a touch of self-unfoldment in the kindergarten, and another slight opportunity in the manual training department of the schools, but for the most part education consists in memorizing dead rules and formulas.

* * * We need to inject more living impulses into our conduct and do

less of this slavish imitating. Many race customs are good for us to follow, and based upon true principles, but let us follow these customs understandingly, from our own living desires, and not blindly, like a lot of sheep, because our fathers and father's fathers followed them. Teach the child to think for himself, to act upon his own initiative, from his own impulses; place rules and formulas before him in such a way that he will make choice; and we shall find the race really advancing to a plane which we have thus far only dreamed about.

* * * In so far as you substitute formulas and rules and the memorizing of the words of dead men for living impulses, you discourage the development of individuality and real strength of character. That which makes a person strong and effective, of use to himself and the world, must be unfolded from within himself. It cannot be injected into one from the outside. The individual must exercise choice and selection, must *act* upon his own account, decide and will from his own center, according to the tendency of the living forces within him, if he is to become more than an automaton.

* * * Instead of seeking to run all people into the same mold we should welcome differences in type, for in those differences lies the real strength of the race. It is the combination of unlike elements that produces power. If you mix sour milk with sour milk you get no results. If you mix sour milk with soda you get action. The unlike elements uniting produce a third substance, and the same principle works out in life.

* * * The strongest nations, the most virile people are always those which grant the fullest freedom to their units, consistent with the good of the whole. A nation is always strongest

when it is being built up by the initiative action of its citizens. When a nation grows old and the need for initiative and individual action lessens, it invariably becomes weaker, and unless the need for initiative again becomes pressing, or something occurs to awaken its spirit, the nation decays and dies. China has been falling behind among nations for lack of initiative. She has been the slave of custom and precedent so long that until recently living impulses of power were largely absent from her people. Just recently a new spirit has been born in the Chinese, new impulses are allowed to rule them, they are departing from some of their old traditions, and consequently are again on the road to gaining a place of power among nations.

* * * Rome lost her power and glory when she waxed fat with success so that initial effort and action was no longer so necessary on the part of her citizens. When the sloth and ease which follow too much success had undermined the empire, a younger, less rich but more vital people took possession. The invaders were filled with living impulse and the spirit of initiative action, while the Romans were taking life ready-made, according to precedent and formulas, and with the least possible individual effort and use of initiative. In their day the Romans were powerful through the development of initiative and individual desire and action, but they could not survive prosperity and success because it took away the need for so much initiative, and they did not see what its loss meant to them as a nation.

* * * In the same way a few generations of a wealthy family, supported in absolute idleness and not taught any useful work, will show marked signs of deterioration. A certain necessity for work and effort seems essential to the existence of normal, healthy and happy beings.

THINGS THAT MAKE FOR SUCCESS.

A Correspondence Department.

Conducted by the Editor.

If you have discovered something that makes for success, or if you have seen someone find and surmount, or remove an obstacle to success, let us hear about it.

We are publishing herein many bright thoughts from our readers, each over the name of the writer, unless a nom de plume is substituted.

Letters for this department, which must not be too long, should be plainly written, on one side of the paper only, and should not be mixed up with other matter of any description.

To the writer of the most helpful success letter published (as a whole or in part) in this department of any number of the magazine, we will send THE NAUTILUS for two years, to any address, or two addresses, he may designate.

To the writer of the most helpful success letter printed in six months, we will send \$5.00 in money in addition to the subscriptions. Prize winners announced in number following publication of their letters.

—EDITORS.

Success Letter No. 191.

Success—What is it? Giving and getting the good things of life. For every good given we attract a good in return. Do good and accept good. Seek good and you will find good,—in life, in love, in business,—everywhere. We do not always get the returns as quick as we desire or expect them, but, with the aid of goodness, diligence, and patience, the great essentials for success, we shall eventually realize the home-coming of the good originally sent out by us. Nor does the good always come back in the same garb in which we sent it forth; hence it is not readily recognized when it does return. During our journey through life we undergo many changes and meet with many experiences that affect our lives more or less. While living through these periods, we are occupied in many ways;—we are giving and receiving all-ways. Success or failure depend upon our choice of the two great ruling principles of this great universe, good and evil—or God and devil. It remains for us to chose between the two. We desire to succeed, in other words, we wish to attract good; therefore must we become good (or God-like) in order to attract good. If you would be successful, if you would have good come your way, send forth your message, start success by doing unto others as you would have them do unto you.—EDWARD J. FREY, College Point, N. Y.

Success Letter No. 192.

On returning home after an absence of several weeks, I found there were awaiting me a

large amount of sewing and other home duties. The first thing to be made was a shirtwaist. I was very tired and somewhat nervous, and that waist bothered me at every point. I struggled with it for five days before it was completed, and then the sleeves did not suit. By that time I realized what the matter was. I went off by myself and thought it out. "If I am a consistent New Thinker," said I to myself, "I must put my principles into practice. There is no need of all this struggle. There is an abundant supply of all things. I have only to accept them. If I have a strong desire and make myself receptive, my needs will be supplied from the Infinite Source. I shall be brought into connection with someone who can help me, or I shall be given the opportunity and ability to do the work myself. I have only to *let* things manifest." Next morning I arose calmer than I had been, cut out another shirtwaist, and that night it was finished, and fitted me perfectly. Other sewing did likewise. I am a trained nurse and my next patient was a dressmaker, who gladly made some new uniforms toward the payment of her bill. My household duties felt the same influence. As long as I could keep myself in the receptive state, poised and *let* things manifest, I could do an immense amount of work without weariness. I confess I often drop back into the race-belief and think that I must manage things. Then comes struggle and friction. But as soon as I bring myself back to the proper frame of mind and am calm, I find everything running smoothly again. If I do not get a certain piece of work done when I would like to, I know that it will be done in good season or that special need will be met in some other way. Whenever we open our minds to the working of the law, success is ours.—A. G. S., Pasadena, Cal.

Success Letter No. 193.

There are a great many things to take into consideration in regard to man's success, if a man wishes to shape his own destiny. Don't go along fighting the battles of life living in ignorance. Realize that to be successful you must get in tune with your creator, and when you do that you will begin to feel a great

change come over you and life will be a paradise. Man has powers lying dormant within him, far beyond the conception of the physical mind. Be fearless, create new energy, new ambition, set your stake high in life and press on with all the force and power you have, and you will win; you can't fail. Your lives are swinging to and fro like the pendulum of a clock, swinging betwixt two destinies. Cast off the cloak of fear and worry, and put on the cloak of right living, which is, fearlessness, hope, faith.

Through the aid of the *Nautilus*, I discovered that I was living in a rut, so deeply mired that the faintest conception of a perfect life, was almost beyond me. But I awoke to the realization of my at-one-ment with my creator and life to me now is a heaven. And my sorrows of yesterday are but idle dreams and the sorrows of the yesterdays gone by are all passed away. As a man thinketh in his heart so is he. Get in the right attitude of mind and push on and when you reach the height of your success, you can look back over your past life and say that it was not so hard to win after all.—R. V. KOONTZ, Fort Dodge, Iowa.

Success Letter No. 194.

Work with a right proportion of patience are the two principal legs that success stands on. The faculty to do work or exercise patience represents a certain degree of success that our ancestors had attained and were able to transmit to us, and our success is measured by our being able to reach maturity with more or less of an addition to the faculties we started with, and keeping them to a reasonable old age. In the parable of the five, two and one talents the failure or success of each depended on the attitude which each took toward the work and careful patience question, the ones who had inherited enough disposition to work with care and patience and who continued to keep their disposition were commended and appeared to be more successful than the one who by not having inherited a proper disposition or from being influenced wrongly chose not to work or trouble himself with any care or patience.

Now if there is a future conscious existence after death, why may we not be able to profit by the failures and mistakes made now and thus get fully on to the success side after all, and if our failures are sent to us in order to teach us how to do things right, then they are really good for us if we so understand them.

Success costs a good deal and it is worth all it costs. Then why not put the days through with work and hopeful patience, and cheerfully take what is coming to us, being sure of a full and real success in its own good time.—WM. E. MANN, Norfolk, Mass.

Success Letter No. 195.

The greatest success that can come to us in our lives is when we have learned how to help ourselves out of the rut of whine and worry of everyday experience. It has been said truly enough that people age more by worry than by work. As worry is an emotion which is the source of a great deal of trouble to humanity, it might be useful to understand it more fully. Therefore, the question: What is worry? could be defined: It is the process of repeating the same train of thought over and over again with small alterations, coming to no result, and not even aiming at the reaching of a result.

Now, if instead of this useless repetition of thought that cause pain and failure, we have learned how to use our thoughts, not for our own selfish interests, but to furnish the mind with some high thought, some word of cheer, some inspiration to noble living; to work for the public good of the community with the same energy and interest that we would for our own family—then we have learned one of the great lessons of life.

We are the self and therefore the joys and the sorrows of others are ours as much as theirs, and in proportion as we feel this, and learn to live so that the whole world shares the life that flows through us, do our minds learn the secret of peace and success.—MRS. LILLIAN M. DAVIS, Philadelphia, Pa.

Success Letter No. 196.

In seeking success, a wise individual will ask himself what has been to me a very important question: What is going to be the effect that I will make upon the lives with whom I am associated and what will be the effect of this association upon my own life? Real success in life is attained through losing sight of the personal self, and working for the realization of some great and good end, which will benefit and uplift humanity in a physical, moral, or an intellectual way.—F. G. FLOYD ANDREWS, Newfoundland, N. J.

If Tinnie Wheeler of Berlin, N. H., will advise us to whom she desires her two subscriptions sent, it will be done. Her success letter in the June *Nautilus* is awarded the prize.



"Oh wad some power the giftie gie us
To see oursel's as ithers see us!
It wad frae mony a blunder free us,
And foolish notion."

A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE.

In this department I will try to reply to the too odd and ends of life-problems and home interests which are presented to me, answers to which are not of general enough interest to make them suitable for the regular reading pages of *The Nautilus*. Every reader is welcome to what advice and suggestion I can give, and I sincerely hope that with the aid of this department we can reach and help many more people. Welcome, all!

ELIZABETH TOWNE.

V. A.—As to the oldest boy, can't you bribe him to be tidy? Don't try to bribe him to be tidy in everything, but take one or two things that you think you can watch, and then give him a sum of money or a privilege of some sort for doing that exactly right always and every day. There is a good story about a woman who was very untidy and careless with all her belongings. She was eternally missing her watch, and this seemed to give her so much trouble that she resolved at last to *know* every time just exactly what she did with that watch—to put it always in the same place and to wind it at the proper hour. It was hard work at first, but she concentrated on this line, and the little habit set up thus extended itself from one thing to another in all her work and household, until finally she was as tidy a woman as could be found! Use this principle in working with your son—one or two things well done *every* day. And trust to the spirit in him for the rest. Can't you apply the same principle to his spending money? And will he save money if he is promised so much extra for that which he puts in the savings bank—all the savings and gift money to go in the bank? You can work these things out if you once get the principle. As to Vera, it seems to me she ought to go out more with the other young people. She will never gain nerve unless she uses it. She needs more outdoor exercise or work. Can't you get the whole family interested in gardening this spring—it would be a splendid thing. It is not a good plan for any young girl to spend too much time with her mother. She should go to school and get out in a social way with other young people—that is a very necessary part of her education. Don't cultivate the idea of nerves in the other girl! She needs outdoor activity, too, and above all things she needs to be treated like any other human being. Don't ever allow her to imagine for a moment that she is going to gain anything by an exhibition of nerves. No matter how she fusses or frets or how nervous she is, don't let her have anything that she is

fussing for. Ignore the matter as much as you can, and let the cure for nerves be always sequestration cure—send her away to sit by herself quietly until she gets control of her nerves and is ready to be good. It is wise not to send her where she will be altogether unobserved—send her into the next room to sit by a pleasant window for instance, or to lie on the couch in the pleasantest room in the house, and leave the door open between that room and the one you are working in. Bid her remain there until she has control of herself again. Can't you bribe her to take breathing exercises at regular times every day? Be sure to show her the right way to do it. You seem to be a very devoted mother, and your fault would be that of over-anxiety. Of course you want to begin to believe and affirm *positively* that your children are healthy, strong and normal, and are growing up just as good and healthy and useful as possible. Don't make too much of their little oddities—these will disappear in due time!—just take one or two of the most important things in each child, and concentrate upon those, and take the rest for granted. The children will improve rapidly and some day you will laugh at your fears. Don't imagine for a minute that the Great Spirit is not working just as faithfully in every one of those children, as it is working in and through you and me. Be sure and study faithfully that little "Child Training" book of mine and put it into practice. And the "Solar Plexus" book. My word is with you all for health, happiness, usefulness and success.

W. M. S.—My dear girl, you are doing too much and realizing too little. You are running in a treadmill. The only way to get out is to *get out*—to cut out some of the present doings and *take* time or *make* time for the concentration and the music, etc., you want. The things you *are* doing don't count at all alongside your ideals, and yet you don't take time to develop your ideals! Get out of the treadmill. Make a revolution in your work. Do less and do it better, with love, interest, wisdom. Above all take the silence times *every* day, if you would have the things you desire. Don't try to make your money and energy stretch so far! Make your own fashions. Be original in what you do and wear. Less work better done, money and energy conserved, get you ready for that better position to which you aspire. Time in the silence, for picturing,

affirming and believing in your desires is absolutely necessary if you and your husband are to realize them. Aren't you afflicted a bit with *imitation* ambition? Why should your husband change his work if he is successful in it? Does he dislike the work itself and is he *drawn* to some other kind of work? If so he is wise to get in line with the new work. Or are you both discontented merely because your friends are better off than yourself, or their occupations more "honorable"? Does he want to change so he can *imitate* somebody else in living and working? Or is it a *real* urge from within, for a new or wider field of *self-expression*? Don't be fooled by imitation ambition—the climber is bound to find heartaches and tumbles. It pays to set one's own pace instead of straining after somebody else's. Go into the silence and find *yourself*. Then work it out in joy and peace. In quietness and confidence shall be your strength.

P. E. C.—Good gracious, that's easy! *Go to work*. Get outdoors and hustle a living right out of the ground and you couldn't stay awake nights if you tried. If you don't have to hustle a living so much the better—raise flowers and vegetables and give 'em to folks who are too hard worked to do it for themselves. If you have no garden patch and can't get one try doing your own housework—the heavy part. I know a nervous woman who keeps herself in sleeping-trim by polishing about six hundred square feet of beautiful hardwood floor every day on her hands and knees, and dusting enough works of art to stock a small shop. She lives in an expensive hotel and will not allow a maid inside her suite. She has discovered that the high strung woman who would sleep must *work* and *breathe well*; and eat and think *with moderation*.

M. E. F.—You ask, "Is marriage spiritual? Does it symbolize the marriage of love and wisdom within the individual?" Marriage is spiritual *when the people are spiritual minded*; and people are not spiritual minded as long as they can draw lines between spirit and matter, between one person and another. Marriage is an association through which man finds woman in himself; woman finds man in herself; and both find God, spirit, in each other and in themselves. The chief end of marriage is Revelations! As to symbols—everything on earth is a symbol, and nothing is a symbol—just as you view it. As to any woman being too "spiritual" to live with husband and child—*nonsense*. If she can't be "spiritual" there she can't anywhere. Any "teacher" who requires such renunciation is either a fool or a knave. YOU know whether you should desert husband and child, or not—*nobody else does*. And don't let anybody fool you into thinking you will gain spirituality by anything you do or refrain from doing. *All is spirit except in your mind*. Change your mind rather than your boarding house or your work. True marriage is three-ply, spiritual, mental and physical; and the physical is *spiritual if you know it aright*. It is better to marry than to look superciliously at marriage or any other thing.

Circle of Whole-World Healing

Conducted by THE EDITORS.

Would you be at peace? Speak peace to the world.
Would you be healed? Speak health to the world.
Would you be loved? Speak love to the world.
Would you be successful? Speak success to the world.

For all the world is so closely akin that not one individual may realize his high desire except all the world share it with him.

And every Good Word you send to the world is a silent, mighty power working for Peace, Health, Love, Joy, Success to all the world,—

Including yourself.

Will you join all the readers and the editors of *The Nautilus* in daily periods of Whole-World Healing? No memberships, fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this column, in each number of *The Nautilus*. You join the Circle in thought only; no letters, fees, etc., are connected with it. You are free to secede when and how you chose.

No duties are attached and only one privilege. That of holding your own version of the thought expressed herewith, sending it out to all the world each night before you sleep, and as many times during the day as you think of it.

Each number of *The Nautilus* will carry in this column the thought to be used daily until the next number appears.

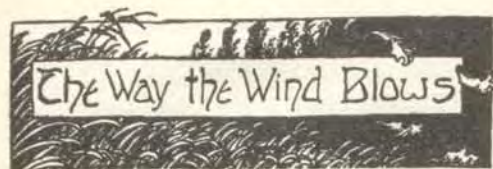
The emolument of membership in this Circle is *The Cosmic Consciousness*,

Which includes Health, Happiness and Prosperity to every creature.—THE EDITOR.

Key Thought for Daily Meditation

*Give freely and receive, but
take from none
By greed, or force or fraud,
what is his own.*

—Light of Asia.



Friends, the Wind Blows toward the new heaven on earth! We are all wafting that way. If you are not TOO BUSY you can see such indications all about you every day. And every paper and magazine you pick up contains little straws that show it! Here are a few the editor and some of our friends have culled while reading the daily papers and weekly reviews, etc. We shall be glad to have our readers keep an eye out for other Straws that Show the way the Clean Winds blow, sending us any items they may think suitable for this column of very brief mention.—E. T.

By formal proclamation the mayor of Detroit urged his constituents to take five minutes off at a little after 12 o'clock Thursday, the hour of the inauguration, Washington time, and send a "wave of good will" to the national capital, a concentrated and sublimated extract of the desires of an entire municipality for "four years marked by unbroken peace and prosperity."

Just how many citizens proved obedient to the mayor's orders is uncertain. The proclamation, however, seems to be the first official recognition given the principle of the new thought and if any considerable numbers of citizens joined in the creation of good will vibrations, it seems to be the first application on a practical and extensive scale of new thought theories to important public affairs.

If it wasn't the new thought, what was it? Citizens were invited to go into the silence and hold thought on peace and prosperity, thereby drawing power from the reservoirs of the success eternal. A formidable body of citizens, if report is to be believed, actually did go into the silence and concentrated upon the thought of the All Good and the phases of the All Good represented by prosperity and peace.

The results contemplated by the experiment are to be distributed over a space of four years and, unfortunately, we won't know for a long time what will come from it. If, now, somebody had only had the happy idea of making the object of the test an endurable brand of inauguration weather, we might have had very soon after the lapse of the five minutes immediate tangible evidence of its efficacy.

But have the time and occasion for happy ideas entirely gone by? Is there no chance for an application a little nearer home of the mayor's plan for practical utilization of mysterious and subtle mental forces? There's the Committee of Fifty, for instance. Why not take five minutes off some day and go into the silence and take thought on the success of the Fifty, thereby drawing more power for 'em from the reservoirs of the eternal?

Better still, there's the obdurate D. U. R. Why not take five minutes off and concentrate on the thought of the All Good and the investment of the D. U. R. with the attributes giving it eligibility for inclusion among the forces of

the All Good? That would be a test worth while. Get a congeries of expansive, reverberatory waves started toward the foot of Woodward avenue and give the D. U. R. the vibratory treatment.

Five minutes! Why not take a whole day off, or a week?—*From a Detroit Daily.*

Every "aigret" sold in the open market means the shooting of a useful bird and the starving to death of a little brood. The "aigret" of commerce—the snow-white plume that crowns a woman's hat—is obtained by shooting parent birds at nesting time. New York State is the chief market for the plume hunters who are devastating the bird colonies of Florida. A bill has passed the Assembly at Albany to prohibit the sale of the plumage of wild birds in all parts of New York State, irrespective of whether the feathers are from birds killed in the state or elsewhere. If the bill becomes law, the traffic in "aigrets" ceases. The bill is being fought by plumage dealers, and has met the approval of Liberty H. Bailey, director of the New York State College of Agriculture, and Gifford Pinchot, chairman of the National Conservation Commission.—*Collier's.*

Shut in with their own misery, the lepers of the Molokai settlement in the Hawaiian Islands lead almost the loneliest life of human beings anywhere. It was in this leper colony that Father Damien lived in his last years. In the month of March of this year, the lepers were suddenly made aware of the outside world by the coming of a moving picture machine. In Beretania Hall, their meeting place, they saw the spectacle of healthy normal life and the unglimped wonders of skyscrapers and great crowds. Many of them had never seen a city, fire engines or police. The machine has been permanently set up in the colony and will be operated by some of the lepers themselves.—*Collier's.*

Kansas City, Kan., with a population of nearly seventy thousand, is said to be the largest city in the world without a saloon or gambling house. This is the result of the enforcement of the law against such establishments. A special attorney was appointed about two years ago to prosecute violators of the law. He had all the undesirable places closed within a month, and within a year had the thanks of the business men, who at first told him that it would ruin the city to close the saloons. The money which had been spent for drink is now spent for food and clothing or put in the banks, and the city is more prosperous than it has ever been before.—*Youth's Companion.*

We give our fullest approval to the Indiana law, which provides for the performance of vasectomy on criminals and imbeciles. This operation in itself trivial and harmless, effectually prevents the male criminal from propagating his species. Within the first year after the law went into effect 286 perfectly successful vasectomies were performed in the State Reformatory.—*Critic and Guide.*

Little Visits

A Cozy Corner Department where everybody chats and the Recording Angel puts down what she can find room for.

Answering Prayer:—

Write! Write! Tell the weak Sister Women how to take a love bath. You know—just relax, make receptive to the Divine love. Let it flow in until they are saturated, permeated, vibrated. Then they will be well. Then they will be happy and their love will flow out to everybody, little, big, old and young, and we will all get some. You write it.—MARJORIE.

A Love Bath:—

It is not easy for a reasoning being to comprehend the Creator of the Universe as answering prayer, and in the face of this difficulty one is inclined to disbelieve that prayers are answered at all, and attribute those that appear to be answered to mere accident. To expect a Divine answer to prayer is like expecting Deity to give His undivided attention to each blade of grass. The best way for you to know what you can believe in regard to this, is for you to try to think how you, if you were all-powerful, would have arranged the matter.

I think I would have done this way: I would have so arranged that each creature would, by the law of his own nature, find it to his own interest to love and trust his own kind in proportion to his mental development, and his growing love would reach out more and more to all creatures. To illustrate, let us take one man. I would have so created him that no one would feel to help him much whom he did not trust, but that many would feel to help him greatly if his love and trust were great. I would have so made him that he would feel to help all who loved and trusted him, and would have so made him that he would have found pleasure and benefit in so helping. I would have so made him that when he heard someone appealing to God in prayer, this prayer would appeal to his own soul, and his pleasure and advantage could be increased by striving to bring, or help bring, a good answer to the prayer he heard. I would have done more. I would have made each creature immortal. I would have made each one as he went from one state of existence to a higher state, love those he left behind, more than he did when living with them, and better knowing and more capable of helping those left behind. I would make those left behind see more good in those who had gone up higher, and trust and love them more. This is the way I would have created each being, then I would have been sure that each prayer would have been answered, and been answered with love and for the best, as near as the wisdom of his own kind could know the best. I would have done more; I would have made

hatred a repelling power, so that those who hated most would be most isolated, and that those who had learned to love all things would draw love and help from all things, and feel no isolation. In this way I would have provided for the final triumph of love, the answer of all prayer and an end for hatred and oppression. Telling you how I would have planned, reveals to me that I am prepared to believe. Tell someone how you would have planned, and you will then reveal your belief. Look over this plan and see if it isn't probable that Creation is planned with as much kindness and that all prayers are heard and answered.—C. S. GRIFFIN, Kingman, Me.

A Soldier Enthusiast:—

If I were to step into your office and introduce myself as Professor Beltz, of Pittsburg, you would likely exclaim mentally, "Oh, what a little man!" Yes, just a little mite of one hundred and twelve pounds. "And I see you wear the button. Is it possible you were a soldier?" Yes, contracted curvature of the spine there and on resuming work again on the farm, at the close of the war, the trouble became aggravated and nearly did me up. But, never discouraged for a moment, I prepared myself for teaching school. In course of time I took up elocution as a specialty. Here some of my friends objected; they claimed my *appearance* was against me. *Appearance* nothing! Have not Marshall P. Wilder, of New York, and I forever settled the matter that there is nothing in "appearance"; that all things give way to energy and that nothing can stand before an earnest man or woman. My love for elocution would not down; I must not only be a "talker" but a "chalker" also. My soul cried out for full and free expression. So I took up drawing and became a specialist for a number of years in the public schools, until my health failed. About that time *Nautilus* fell into my hands. That was about six years ago. I was charmed with "new thought." I read, studied, marked and inwardly digested the grand articles until I absorbed the very essence and spirit of the noble thoughts there presented, and wonderful to tell I began to get well. Today at sixty-one I can claim to be in perfect health and in the prime of life, with practically the use of but one lung, but let me tell you I use that lung, for I know how to breathe—am neither bald nor gray and like Dr. Peebles, though not so old, "can run like a boy and swim like a duck." There! What do you think of new thought as expounded by *Nautilus*? More than this; in another year I shall take the platform as a teacher of new thought, and with voice and crayon proclaim the virtues and beauties of this grand and sublime service that comes with healing on its wings for all nations.—PROF. W. H. BELTZ, Hazelwood, Pittsburg, Pa.

Cures Hysteria:—

I cannot tell you how I appreciate your advice and help in the answer to my question on Hysterics (Family Counsel in August issue). Already it has been a great blessing to

me! Results are already apparent! Upon consulting physicians about these "spells," which seemed to have perfect control over me, the reply would ultimately be, "Build up your constitution." But their remedies for the same proved fruitless.

Now upon but *nine* days' experiment I have had but *one* manifestation of the malady. Previous to this I have *averaged three a week*. So you see what a hold it has had upon me. Well, I am perfectly delighted with the results so far! And I am convinced if the progress is accordingly, a few months or even weeks will see a complete eradication of the evil, thanks to you and the ever Ruling Power! Wishing you much of the blessings of God, I am ever—M. E.

Henceforth She Has No Lost or Dead:—

Three years ago I was living in England, six miles from London, happily married, and had a bonnie little boy. Things went on quietly enough until I met my friend. Then I seemed to awaken and my real self developed. My friend was a Methodist minister, cultured, brilliant, dramatic and musical. We had everything in common. For a time I lived in my earthly paradise, going with our friend because my husband was also attached to him, deep into the heart of things—music, art, the drama, dwelling in the "realms of God." We studied the mysteries of the soul, the mystical and the *Real*. Together we studied the Social Question, and he organized a "Labor League." Oh! what a deep, full life mine then was.

But it was not to last. My husband's work, became very slack, and we decided to seek our fortunes in a newer and younger country. The parting with my dear mother I will never forget. But I was filled with faith, inspired with the thought that all would be well with us.

We had a stormy and rough passage, but during the wildest storm I could lie in my berth calm and tranquil, *knowing* that God was in the tempest. I was enciente with my second child.

We arrived in Toronto safely, and after a few months my little Ivor was born.

At times life would seem black and stormy to me. I had a kind, good husband; sweet little boys, but yet there seemed something lacking.

For two years I mourned, wasting my strength in self repining, and shutting myself away from people who would have been my friends.

But I was to awaken a second time in a different manner.

But before that time this was the burden of my cry:

"Oh! friend! beloved soul companion, though separated by land and sea, thou art ever near me in the spirit. My heart calls out for thee with an infinite longing. With the evening shadows comes the ever recurring yearning sadness—the 'Hirathog' what Shelley calls, 'Sighing for what is not.'"

Hirathog is a Welsh word signifying heart sorrow for the lost and dead. What a mystery

is life! How complex, perplexing and bewildering. Loving intensely, passionately, all the beauty and art, science, literature and music, and all the cultured refinement of life, yet shut away from it all. Oh! I long to mingle with those kindred souls whose loves are my loves. Why was I made thus? If I never am to be satisfied why was not I made like the majority of those around me content with home, husband, children, shopping, eating, dressing and all the trivial things of life? Am I selfishness incarnate? Shall I stifle the soul life that seeks expression in the beautiful? Crush down the yearnings of the soul that seeks spiritual companionship? Shall I be any the less selfish? And so in longings I wore my strength away. Had I gone on like that my life would have ended in a tragedy.

But my beloved Emerson came to my aid. He says as to myself personally:

"The things that are ready for thee gravitate to thee." You are running to seek your friend let your feet run, but your mind need not. If you do not find him, will you not acquiesce that it is best that you should not find him? For there is a power which as it is in you is in him also, and could very well bring you together if it were not for the best.

Well, therein lay my salvation. *I am free*. I can now dance in the sunshine, and drink deeply of life. I can look back without regrets and thank the Gods for what they gave me. What I *once* possessed is mine forever.

I have cut the word "Hirathog" out of my vocabulary. Henceforth I have no "lost and dead."

It may be a beautiful piece of sentiment to yearn for "*that which is not*," but it is not wholesome or good for the soul. Now with my new thoughts I find beauty in people whom I thought tiresome, commonplace and sordid.

But I must tell you that while I was living under the cloud my husband was not having very good success, but now he is not only earning more money at his trade, but also drawing a salary from a church where he is the tenor soloist. He is taking vocal lessons, and his master says he has a glorious voice and will be eventually the first tenor in the city.

So you can see how I bless the health giving new thought, and especially the *Nautilus* and Saint Elizabeth. I am beginning, I am learning, I will overcome.

While I was vainly yearning for my friend afar off, there at my door was a neighbor both intellectual and musical; we have the same tastes in many things, and spend many a pleasant hour indoors and out. Thus the vanity and uselessness of longing for that which we have not. Now I bless and thank God for all His mercies to me.

I believe I have the secret of perpetual youth, but only through "new thought."—R. M.

P. S. I must add that in addition to all the other blessings, I am anticipating a trip home to the dear ones in the near future.—R. M.

Some Gems:—

How true it is that "the things that are ready for thee gravitate to thee." Since becoming interested in new thought, I am continually finding articles and poems glowing with Faith, Hope and Charity. To believe in new thought seems to be the only way to live the simple life. It simplifies everything—Life, Death and Religion. If you will allow me, I will pass on my treasures to the readers of *Nautilus*.

I WILL.

I will start anew this morning with a higher, fairer creed.

I will cease to stand complaining of my ruthless neighbor's greed;

I will cease to sit repining while my duty's call is clear;

I will waste no moment whining, and my heart shall know no fear.

I will look sometimes about me for the things that merit praise;

I will search for hidden beauties that elude the grumbler's gaze;

I will try to find contentment in the path that I must tread;

I will cease to have resentment when another moves ahead.

I will not be swayed by envy when my rival's strength is shown,

I will not deny his merit, but I'll strive to prove my own.

I will try to see the beauty spread before me, rain or shine—

I will cease to preach your duty and be more concerned with mine.

—S. E. KISER.

"Don't you touch the edge of the great gladness that is in the world, now and then, in spite of your own little single worries? Well, that's what God means; and the worry is the interruption. He never means that. . . . If you are glad for one minute in the day, that is His minute; the minute He means and works for."—MRS. A. D. T. WHITNEY.

"The surest way not to fail, is to determine to succeed."—SHERIDAN.

"Heroic daring is the true success."—E. B. BROWNING.

"Now, forget your haste, just for a second or two; let go pushing the train you are riding in. Stop trying to do all your work at once; and perceive how deliberate, how regal, how indolent your soul is; how sure of itself; how indifferent to the petty chances of actuality or accomplished toil."—BLISS CARMAN.

"Be sure that if you obey the laws of this earth where God has put you, you will never need to be anxious or to fret, but you will prosper right well; and your children after you."—CHARLES KINGSLEY.

I hope that these gems quoted above may give as much pleasure to others as they have to me.—ROSINA M. BROWN, Deer Park, Can.

(We thank you for sending these, Rosina, and we know our readers will like them.)

Doctor Knew.

Had Tried It Himself.

The doctor who has tried Postum knows that it is an easy, certain, and pleasant way out of the coffee habit and all of the ails following and he prescribes it for his patients as did a physician of Prospertown, N. J.

One of the patients says:

"During the summer just past I suffered terribly with a heavy feeling at the pit of my stomach and dizzy feelings in my head and then a blindness would come over my eyes so I would have to sit down. I would get so nervous I could hardly control my feelings.

"Finally I spoke to our family physician about it and he asked if I drank much coffee and mother told him that I did. He told me to immediately stop drinking coffee and drink Postum in its place as he and his family had used Postum and found it a powerful re-builder and delicious food drink.

"I hesitated for a time, disliking the idea of having to give up my coffee but finally I got a package and found it to be all the doctor said.

"Since drinking Postum in place of coffee my dizziness, blindness and nervousness are all gone, my bowels are regular and I am again well and strong. That is a short statement of what Postum has done for me."

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Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

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—Helen Keller in "Optimism."

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"A year ago I became much alarmed about my health for I began to suffer after each meal no matter how little I ate," says a Denver woman.

"I lost my appetite and the very thought of food grew distasteful, with the result that I was not nourished and got weak and thin.

"My home cares were very heavy, for besides a large family of my own, I have also to look out for an aged mother. There was no one to shoulder my household burdens, and come what might I must bear them, and this thought nearly drove me frantic when I realized that my health was breaking down.

"I read an article in the paper about someone with trouble just like mine being cured on Grape-Nuts food and acting on this suggestion I gave Grape-Nuts a trial. The first dish of this delicious food proved that I had struck the right thing.

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—"Gems of Thought," a collection of choice sayings compiled from the best authors by Raymond Hatch Young. 125 pages, cloth bound. L. G. Foster, 3007 Archwood avenue, Cleveland, O.

—"Our Mental Children," by Lily L. Allen. A book dealing with thought forces and their influence on life. Cloth, 42 pages. No price given. "Light of Reason" Office, Ilfracombe, England.

—"Little Sermons," by Edna L. Carter, dealing with loyalty, humility, resistance, courage, love and righteous giving. Paper covers, 61 pages. Price 20 cents. Unity Tract Society, Kansas City, Mo.

—Two pamphlets by Rev. E. A. King, B. D., "How to Live a Clean Life," and "How to Teach Personal Purity to a Sunday School Class." The titles give the purport of the contents; 10 cents each. Young Men's Publishing Company, Sandusky, Ohio.

—"Life and Law," by George Ed. Maule. A way to a bigger life! A book along metaphysical and psychological lines. Thoroughly scientific and withal clearly expressed. It is primarily for the great mass of humanity who are seeking light. Published by the author, Ogden, Utah.

—"All Mysteries," published by the All Mysteries Publishing Company, Box 4, San Francisco, Cal. A series of lessons on purity, regeneration, humility, freedom, religion, death, etc., with supplementary answers to correspondents. Leather binding; 64 pages, Price, \$2.00, postpaid.

—We have received two essays by Theodore Schroeder, republished from the American Journal of Religious Psychology entitled, "Religion and Sensualism," and the other, "The Religious and Secular Distinguished." Both contain advanced ideas well presented.

—"Eternal Youth," by Harry Gaze. This is the work of a man who for many years has made the subject of retaining youth a special study. It embodies the latest ideas of the

Continued on page 52.

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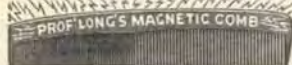
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—"Let the New Nation Arise," by Carl Theodul. A treatise on the subject of purification. Interesting chapters on Science and God; Man's Relation to the New Verse; Causes of Disease and Degeneration, and Soul entity and Reincarnation. Bound in blue and gold cloth, 157 pages. Price, \$1.25. Balance Publishing Company, Denver, Col.

—"The Aquarian Gospel," by Levi, with introduction by Hon. Henry A. Coffeen. Being a philosophic and practical treatment of the religion of the aquarian age of the world. Transcribed from the Akashic records. It is in reality a new thought translation of the Bible. A large book, 260 pages, cloth bound. Royal Publishing Company, Los Angeles, Cal.

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Continued on page 54.



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How to Secure Results by the Power of Thought; The Miracle Exercise, Marriage Papers No. 1; How to Secure Good Annual Income for Life Free, for Little Work or Little Money NOW; Florida New Thought Profit Sharing Colony Established. Send 35c for year's subscription. **ALLSHINE PUB. CO., 58 Route 1, Richmond, Va.**

Mention NAUTILUS when answering advertisements. See guarantee, Page 5.

WHY

You Have Colds, Catarrh, Influenza, Etc.?

BECAUSE, You neglect keeping your nasal passages in a clean hygienic condition.

BECAUSE, You continually breath dust, dirt and bacteria which cause colds, catarrh, hay fever, etc.

HENCE, The only way to cure catarrh, etc., is to KEEP THE NASAL PASSAGES IN A CLEAN, HEALTHFUL CONDITION. Nature does the rest.

You clean your face—why not things more delicate? The best, simplest, most efficient device to introduce antiseptic liquids into the nose is the

HARRIS NASAL DISH.

By its use it will prevent colds, catarrh, hay fever, etc. We are proud of our results and our descriptive circular will tell you all about it, if your druggist does not have it. Sample by mail, 50c.

H. L. HARRIS, Dept. A1, 100 William Street, New York, N. Y.

DRUGLESS HEALING

BY MENTAL METHODS



We cure People suffering from all kinds of diseases by THERAPEUTIC SUGGESTION alone and without drugs; when they cannot come we reach and cure them at their homes in any part of the world. We correct bad habits in young and old, help people to Business Success, reform Moral Perverts, reclaim Wayward Boys and Girls, and restore Insane People to their reason. No matter what your ailment, how serious your case or what you may have done before, our methods succeed after all others have failed. We teach our Methods to Others, under the legally incorporated and registered authority of the St. Louis School of Suggestive Therapeutics. All work done by the ablest and most experienced teachers and practitioners of Suggestive Therapeutics in America. Finely engraved diploma on the best parchment. Booklets fully explaining Suggestions and the Psychic Methods we employ in treating absent patients. Sent free to everybody! All afflicted people should read these Booklets. Send for them now. You will enjoy reading them. Address G. H. HAMPSHIRE, M. D., or MRS. G. C. FITZER, 1045 S. Union Ave., Los Angeles, Cal.

\$75 to \$100 Monthly

I will show you how I make it on a capital of \$4. You can do the same. Send \$1 for my latest book. Full of instructions.

Bowden, 38 Centre St., Newark, N. J.

SUCCEED

From an utter lack of self-confidence, ten years' invalidism, not a cent in the world, barely able to earn 15c an hour, TO ENTIRE SELF-CONFIDENCE, absolutely PERFECT HEALTH, 65c per hour and an accumulation of EIGHT THOUSAND FIVE HUNDRED DOLLARS worth of property in THREE YEARS. If interested, a self-addressed and stamped envelope will bring you particulars. Ida Jane Donley, Box 178, Maniton, Cal.

HEALTH Undersigned will call on patients within
HEALTH one hundred miles of New York at special
HEALTH rates. No cases taken requiring surgeons or
HEALTH physicians. Nervousness, dyspepsia, melan-
HEALTH cholia, worriment, etc., treated; wayward boys
HEALTH reformed and interested in studies. This sys-
HEALTH tem of cure is variously called Emmanuel
HEALTH movement, mental science and suggestive
HEALTH therapeutics. Frederick B. Hawkins, 45
HEALTH DeKoven Court, Brooklyn, New York.

FAT IS NOT FLESH

WHY NOT RID YOURSELF OF UNSIGHTLINESS AND DISCOMFORT

It is unquestionable that Superfluous Fat is a destroyer of Health as well as Personal Appearance. Why resign yourself to a condition that means discomfort, unsightliness, wrinkles, flabbiness, loss of vigor, and heart trouble.

We Have the Cure The Loring & Co., Ltd. REDUCING TABLETS

Unfalteringly restore health and vigor and reduce the figure to normal proportions, quickly and safely, without exercising or dieting. Not only are these Reducing Tablets marvellously effective, but simple and harmless, and can be taken any time without inconvenience. They are made wholly of roots and herbs—no chemicals.

FREE Literature and Symptom Blank, likewise a Physician's Personal Advice.

PRICE LORING & CO., LTD. **\$2.00** BY MAIL
REDUCING TABLETS POSTPAID
Loring & Co., Ltd., V. 10 W. 22nd St., New York City



I was Flat-Chested

until

a most remarkable but simple discovery enabled me to appear as nature intended.

Instead of being thin, nervous, scrawny and undeveloped, I now possess a perfect form. Since developing myself, I have helped thousands of American women to obtain shapeliness and form.

INFORMATION FREE

You should know of my discovery and I am willing to write you (personally) describing fully this safe and sure system of bust and form development. French method. Every woman owes it to herself to have a well-formed bust. It makes such a vast improvement in one's appearance. Write me—today—for complete description and testimonials from society women who have used my system with success. All correspondence sent in plain envelope. Address me personally, at my home address.

MME. J. PANNE D. OSBORNE, 1447 Wils'n Ave., Chicago.

CONSUMPTION



BRONCHITIS CURED CATARRH ASTHMA

To all sufferers from nose, throat or lung trouble, we will mail, free and post-paid, liberal supply of Condor Inhalation in order to prove that it is possible to be permanently cured at home, without change of climate, loss of time or stomach dosing.

Do not neglect pain in chest or between shoulder blades, raising matter, constant spitting, lingering colds, hoarseness, chronic cough, tickling in throat, loss of taste and smell, flushed cheeks, night sweats, chills, fever, hemorrhage, hay fever, stuffed nose, foul breath, head noises, deafness, sneezing, shortness of breath, sense of oppression, choking, gasping, wheezing, falling strength, weakness, loss of weight, etc., etc.

Drawn through mouth or nose, this powerful, germ-destroying, healing, curative Inhalant reaches every part of the nasal passages, bronchial tubes and lungs—exactly where affected. Disease quickly disappears no matter in what stage, and health is restored.

FREE Write Today for Complete Trial, Illustrated Book and How to Get Well Without Taking Medicine, all sent absolutely free. Condor Medicine Co., Dept. 487 Los Angeles, Cal.

Sensational Write-Up in Ladies' Home Journal

The Ladies' Home Journal for March contained a three-column article about "THE HINDU YOGI SCIENCE OF BREATH," by Yogi Ramacharaka. The Journal's sensational title read as follows:



GOOD HEALTH

IN ONE SIMPLE EXERCISE WHICH, IF WE ALL FOLLOWED, WOULD MAKE SICKNESS A CURIOSITY.

The exercise referred to is called "The Complete Breath," and is fully explained in "The Science of Breath."

The Journal writer also says: "It is a pity this book has not more generally reached the great public because of what its contents might mean to personal health if a copy were in every home and its gospel heeded and followed."

There are very few people who breathe enough. And yet breath is the most important element of life. We can go without food or water for a considerable length of time, but we can only exist a matter of a few minutes without air.

Upon the oxygen which we pump into our lungs by breathing we are dependent for the purification of our blood.

Deep, full breathing of pure, fresh air purifies the blood and carries away the poisons generated in the body by the process of digestion.

Breath is literally life. The habit of deep breathing means more life to most people.

"THE HINDU YOGI SCIENCE OF BREATH" contains sixteen lessons, making a complete manual of Oriental breathing philosophy.

PARTIAL LIST OF CONTENTS.

"Breath is Life"—Teachings of the Orient and Occident Compared—The Exoteric Theory of Breath—The Absolute Energy—The Nervous System—Yogi Teachings Concerning the Solar Plexus—The Solar Plexus a Storehouse of Prana—Its Location, Etc.—How to Breathe—Oriental Methods—How to Cure Catarrh—Four Methods of Respiration as Classified by the Yogis—The Yogi Complete Breath—How to Acquire the Yogi Complete Breath—Physiological Effect of the Complete Breath—A Great Promoter of Health—Yogi Lore—The Yogi Cleansing Breath—The Yogi Nerve Vitalizing Breath—The Yogi Vocal Breath—Seven Yogi Developing Exercises—Vibration and Yogi Rhythmic Breathing—How to Ascertain the Heart Beat Unit Used by the Yogis as the Basis of Rhythmic Breathing—Inhibiting Pain—Self-Healing—Healing Others—More Phenomena of Yogi Psychic Breathing—Thought Projection—Forming an Aura—Recharging Yourself—Recharging Others—Charging Water—Controlling the Emotions—Transmutation of Reproductive Energy—The Grand Yogi Psychic Breath—Yogi Spiritual Breathing—Soul Consciousness—How Unfolded—The Universal Consciousness—How the Yogis Attain This Consciousness.

The price of "THE HINDU YOGI SCIENCE OF BREATH" is only 50 cents.

Address

WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

Woman and the Ballot

A Special Article by ELIZABETH TOWNE in American New Life.



One of the special features of June AMERICAN NEW LIFE (10c per year) is "WOMAN AND THE BALLOT," by Elizabeth Towne. The same writer also furnishes an article entitled "HOW TO THINK." Other features of AMERICAN NEW LIFE for June are, "Relaxation and Strength and a Nightmare Story," by William E. Towne.

"Walled in, But One Out," a prize article.

"The Yogi Nerve Vitalizing breath," a Hindu exercise.

In the "Personal Problems" Department the following questions are answered at length: "What is Wrong

When a Fellow Gets Cranky and Hateful Upon Slight Provocation?" and "How Can I Cure My Boy of the Habit of Drunkenness?"

In the Book Review department the following splendid new books are noticed at length: "Good Health and

How We Won It," by Upton Sinclair and Michael Williams. "Steps Along the Path," by Katherine H. Newcomb.

On the front cover is a special reproduction of a photograph of a New Hampshire Maple Sugar House. Photo by William E. Towne.

Dr. Derolli's Astrology Department is a feature of each number. He tells his readers what the astrological conditions are for each day during the next three months.

Books are advertised at special prices in nearly every issue, and unique special offers are made. You can save many times the price of AMERICAN NEW LIFE if you buy new thought books. Subscribe now. Be sure to read the magazine before you buy books. I will put you in touch with the Best and save you from trash.

AMERICAN NEW LIFE is published quarterly by William E. Towne and Elizabeth Towne. Price only 10c per year. Send 10c now—today—and receive the Magazine a year. Address WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.

SPECIAL.—It's getting rather late in the season but if you enclose 6c extra with your subscription I can probably forward you one of my beautiful Emerson Calendars for 1909. These sold for 25c before Christmas.

Mention NAUTILUS when answering advertisements. See guarantee, Page 5.

Nature Abhors Drugs!

THE TOXO-ABSORBENT is Nature's most successful method for overcoming disease.

It is a Compress of amorphous minerals, filled with biochemic life and power. It draws out and absorbs from the system the germs and poisons which are the cause of disease.

They are the only remedy which cures by actually removing the cause of disease.

They have cured Asthma, Bronchitis, Tonsillitis, Pleurisy, and diseases of throat and lungs.

They have proved a prompt cure for Appendicitis, Gastritis, Ovarian diseases and all internal inflammations and ulcerations.

They have cured Blood Poisons, Scrofula, Salt Rheum, Bone Diseases, Carbuncles and all eruptions.

The Cancer Absorbents are the best remedy for Cancers and Tumors. The growths are absorbed without pain or inconvenience. This is the safest and most successful remedy known.

ABSORPTION IS THE WORLD'S COMING TREATMENT. IF YOU value life and health investigate ABSORPTION. All books free.

TOXO-ABSORBENT COMPANY,
83 State Street, - Rochester, N. Y.

It Pays Big

To advertise the right kind of goods in the right magazine.

NAUTILUS PAYS

the right advertiser with good goods and copy.

SEVENTY-FIVE REPLIES IN THREE WEEKS.

"I have received 75 replies to the one-inch ad. in the January NAUTILUS and have sold \$25 worth of books to NAUTILUS readers, and no one mentioned hard times."—CARL BUCHANAN, Chicago.

MANY CASH ORDERS.

"I usually receive 25 to 40 cash orders from my advertisement in NAUTILUS," writes W. M. Riley, Oklahoma City, Oklahoma. The advertisement referred to is in the line of toilet goods. It occupies one inch of space, costing \$4.00 per insertion, and calls for 50 cents, \$12.00 to \$20.00 per month from a \$4.00 advertisement is pretty good.

Send for our rate card and read what many of our other advertisers say.

If you have something good to sell let our readers know it. Many a small beginning in advertising grows into a large business.

Stock investment companies, astrologers and mediums are barred.

And any advertiser who fails to deal squarely with his customers will not be allowed to continue in our pages.

ADVERTISING RATES.

1 page	\$48.00
1/2 page	25.00
1/4 page	14.00
1 inch	4.00

No order accepted for less than one-half inch. One inch will hold not over 80 words without cuts. No agate type used.

ELIZABETH TOWNE, Holyoke, Mass.

Mention NAUTILUS when answering advertisements. See guarantee, Page 5.

HAY FEVER

Successfully Treated by the Simplest Method Yet Discovered

Nearly every sufferer from Hay Fever knows that it is caused from the Bacteria or germ which floats invisibly in the atmosphere like moths in the sunbeam. When these bacteria or germs enter the nostrils or eyes they find a lodging place only in congested or inflamed membranes and there propagate their species. While the nostrils and eyes are free from congestion these germs can find no breeding place.



"ACTINA" is an instrument devised to direct its energies on the eyes and nostrils and the powerful vapors it emits destroy the germs which have found a lodgment in the nose and throat or around the eyes, thereby giving almost immediate relief, and if used faithfully will in time remove the congestion so that the nose and throat will not be so susceptible to the bacteria.

Mr. A. T. Leftwich, the Belgian Consul, Baltimore, Md., writes under date May 4, 1908: "I take pleasure in saying that I have used your 'Actina' for years as a protection against Hay Fever with uniformly satisfactory results."

R. C. Bayly, M. D., 3029 Franklin Avenue, St. Louis, Mo., states that in his opinion the "Actina" is the only certain and permanent help in Hay Fever.

"Actina" will be sent on trial postpaid. Write us about your case. Our advice will be free as well as a valuable book—Prof. Wilson's Treatise on Disease. Address ACTINA APPLIANCE CO., Dept. N., 511 Walnut St., Kansas City, Mo.

THE WAY TO PERFECT HEALTH AND 100 YEARS

Is fully explained in the work known as Scientific Nutrition or Nutritive Cure, which we will send FREE to any part of the world for ten cents, stamps or silver, to pay postage. The fundamental principles of Food Science are explained in Scientific Nutrition and the author of the work shows how, by controlling the nutritive process, he won Perfect Health after a struggle of ten years. It has been read in every nook and corner of the world and has been the means of cure to many people. It opens the way for a new method of healing that will revolutionize science. Send for it today. Address:

DORTCH CAMPBELL, Inc. (Editorial Department), Middlesborough, Ky.

MAKE \$100 A WEEK

IT IS A COLD FACT
thousands of people are making more than \$100 a week in the profession I teach, suitable for either men or women.

Requires Only a Few Dollars and Spare Time to Start.

Let me tell you FREE, all about a big paying business that can be started in your own home or one room during your spare time. The proof and FREE literature will be sent for the asking. Address: McKEAN, Dept. 198, 2232 Eighth Avenue, New York

God loveth a cheerful giver.

11 Corinthians 9:7.

An Appeal To You



This poor old Pessimist World needs changing, and if you are an Optimist we want you to help us bring this about by joining hands with us to help push along an Optimistic Wave that is already far advanced. An Optimistic League was formed some two months ago, having a beautiful pin and button, of blue and gray enamel on gold for an emblem. **Wear Your Colors. Don't be Afraid to Display Them.** The cost to you for a **Life Membership**, including gold button or pin, is \$1.00. The League is not in existence for financial gain. The pin and button cost the League within a few cents of the price you pay, and this is on large factory orders. Write for further particulars, or better still send \$1.00 and receive emblem and membership card.

THERE ARE NO DUES!

League Centers will be formed throughout the United States where lectures and courses of study will be given. You will receive much in return for your dollar in the way of uplift and good cheer.

We need workers, but as there is no profit, we can pay neither salary nor commission. Will you be one? You will be blessed in the doing.

ALL ARE WELCOME!

National Optimistic League, 4665 Lake Avenue, Chicago, Ill.

THE ANNALS OF PSYCHICAL SCIENCE

A High-Class Quarterly Journal Devoted to Critical and Experimental Research in the Phenomena of Spiritism.

Conducted by Dariex, Richet, Crookes, Flammarion, Lombroso, Mangin, Morselli, de Rochas, and other eminent scientists. Published in London on the first of each quarter. Annual subscription, \$3.00. Single numbers, 75 cents. Special terms to new subscribers. Sample copies, returnable in two weeks, can be borrowed under the mailing library system of the O. E. C., below address, by sending ten cents. Address inquiries, subscriptions and renewals to

THE ANNALS OF PSYCHICAL SCIENCE.

American Office, 1443 Q Street, N. W.,

Washington, D. C.

New Thought People Fail

To demonstrate in health, wealth and happiness because they read too many superficial and conflicting theories and do not make a systematic study of metaphysical science.

In the Correspondence School of Constructive Science

conducted by **Wallace D. Wattles**, one of the ablest men and clearest thinkers of the New Thought movement, you can learn what you need to know in order to demonstrate completely in your own life and person the theories of the New Thought. Send your address for particulars, and for his free circulars on "Scientific Healing" and "Cell Building," which contain suggestions of great value.

Ask for descriptive circular of these books:

"How to Get What You Want." Price, 10c.

"The Constructive Use of Foods." Price, 15c.

"Letters to a Woman's Husband." Price, 15c.

"A New Christ." (The greatest New Thought book of the year.) Price, 25c.

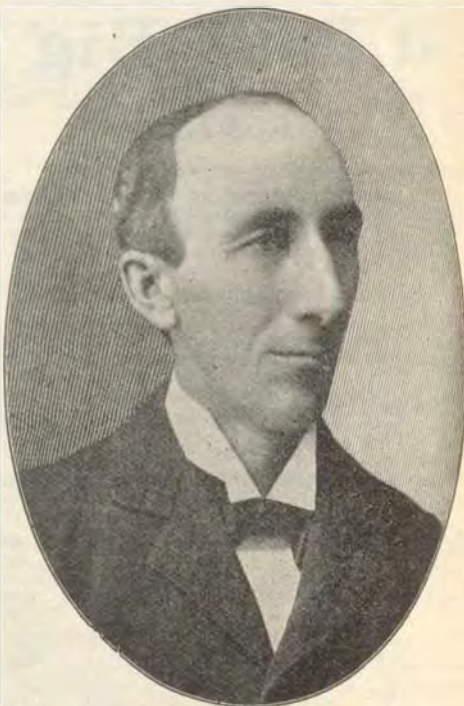
"New Science of Living and Healing." Price, 50c.

All five books sent for \$1.00.

Do not waste your time on mere "jollying" and "cheer up" theorizing; study thoroughly and scientifically, and **GET WHAT YOU WANT.** Write today to

W. D. Wattles

Elwood - - Indiana



A good understanding have all they that do His commandments.

—Psalms 111:10.

Mention NAUTILUS when answering advertisements. See guarantee, Page 5.



Feel Better Than Ever In Your Life

The ideal Food Medicine for Brain-workers, the over-worked, busy man, or the care-worn nervous woman.

A remarkable discovery has been made in the Alfalfa plant which chemical Analysis shows to contain most of the elements which go to make up the ingredients of the human body. Already the ingredients of this medicinal food plant have been used with remarkable results, and a well-known expert has testified after a careful analysis that Robinson's famous **Alfalfa-Nutrient** contains no alcohol, poisonous drugs, narcotics, opiates, or deleterious ingredients of any kind.

Ten Day Treatment Sent Free To Prove It

The Alfalfa plant has been known for its wonderful fatening properties, but not until recently has it been known to be a specific for weak nerves, indigestion, dyspepsia, constipation, Catarrh, Loss of Appetite, Weak Circulation, Blood Impurities, Pimples, Complexions, Sallow Face, Dead Looking Eyes, General Weakness, Lack of Ambition, Kidney Troubles, Torpid Liver, Rheumatism, Locomotor Ataxia, Anemia and Female Troubles.

Read Miss Howe's Strong Letter

Miss Maud Howe, 375 Manhattan Ave., N. Y. City, writes: "I was very anemic, thin and run down. Four boxes of Alfalfa cured me, and Alfalfa-Nutrient will give you such a vigorous feeling, put strength in your nerves, rich blood in your veins, regularity in your bowels and have all your vital organs working in such splendid order, that your face will rise up at once, your complexion become velvety and rosy, and your whole body bound with new life and vigor. I owe my present, perfect physical health alone to Robinson's Alfalfa-Nutrient which of all the Blood and Nerve remedies I have tried is certainly the best."

To prove to anyone that this is absolutely true, we will send for 4c postage a 35c ten days treatment of Alfalfa-Nutrient in plain sealed package with 56 page scientific booklet "How to Develop the Form and Secure Perfect Health." Lady and gentlemen agents wanted. Write today for free trial. **Alfalfa Chemical Co., 799 Unity Bldg., Chicago.**

ARE YOU A COWARD?

Don't worry! **ARISTOTLE** proves that Courage is only a Habit—to be Acquired!

Just read our **Penny Classics**.

They form the **Short Cut to Culture!**

Only the **Best Thoughts** of the world's greatest—Seneca, Goethe, Emerson, Thoreau, Darwin, Plato, Hegel, Schopenhauer, etc.

To know them is to be a Classical Scholar.

To love them is to prove a Classical Taste.

FREE Sample Pages of Twelve books on request. Write today.

PENNY CLASSICS, 75 Plymouth Pl., Chicago.

Books Loaned Free!

For list of books on New Thought, Occultism, Vedante, Theosophy, Psychological Research, etc., which will be loaned **FREE BY MAIL**, and for terms on which other books on these subjects are loaned, apply to **THE LIBRARIAN, Oriental Esoteric Center, 1443 Q Street, N. W., Washington, D. C.**

More receptive to Divinity, more responsive to Humanity.—Purinton.

Mention NAUTILUS when answering advertisements. See guarantee, Page 5.

Eyeglasses Not Necessary

Eyesight Can Be Strengthened and Most Forms of Diseased Eyes Successfully Treated Without Cutting or Drugging.

That the eyes can be strengthened so that eyeglasses can be dispensed with in many cases has been proven beyond a doubt by the testimony of hundreds of people who publicly claim that their eyesight has been restored by that wonderful little instrument called "Actina."



"Actina" also relieves Sore and Granulated Lids, Iritis, etc., and removes Cataracts without cutting or drugging. Over seventy-five thousand "Actinas" have been sold; therefore the "Actina" treatment is not an experiment, but is reliable. The following letters are but samples of hundreds we receive:

J. J. Pope, P. O. Box No. 43, Mineral Wells, Texas, writes:—"I have spent thousands of dollars on my eyes, consulted the best doctors in the United States, dropped medicine in my eyes for years and 'Actina' is the only thing that has ever done me any good. Before using 'Actina' I gave up all hope of ever being able to read again. Had not read a newspaper for seven years. Now I can read all day with little or no inconvenience."

Kathryn Bird, 112 Lincoln St., Milwaukee, Wis., writes:—"I was troubled with astigmatism and had worn glasses from ten years of age. I could not read or write without them. In a surprisingly short time after using 'Actina' I laid aside my glasses and I will never use them again."

E. B. Holbrook, Deputy County Clerk, Fairfax, Va., writes:—"Actina" has cured my eyes so that I can do without glasses. I very seldom have headaches now, and can study up to eleven o'clock after a hard day's work at the office."

"Actina" can be used by old and young with perfect safety. Every member of the family can use the one "Actina" for any form of disease of the Eye, Ear, Throat or Head. One will last for years, and is always ready for use. "Actina" will be sent on trial postpaid.

If you will send your name and address to the **ACTINA APPLIANCE CO., Dept. 124 N., 811 Walnut Street, Kansas City, Mo.**, you will receive, absolutely **FREE**, a valuable book—Prof. Wilson's Treatise on Disease.

Mme. N. FOULAIRE'S WRINKLE REMEDY

I have a remedy that will speedily eradicate any case of wrinkles on earth, no matter how bad or what the cause.

Makes Men and Women of 50 Look 25

To those unacquainted with the remedy this may seem a broad statement, but I am prepared to prove it by the same men and women whose appearance speaks for itself.

The remedy has created a genuine sensation in this city by entirely restoring the youthful appearance in a number of bad cases of long standing, after all else had failed and they were given up as hopeless.



TRADE MARK

Here's what it will do:

**It Makes Old Faces Young.
Removes All Lines and Wrinkles.
Corrects a Flabby or Withered Skin.
Makes Thin Faces Plump.
Fills Out Hollow Cheeks.
Develops the Bust Full and Round
Without Massage.**

If you have wasted your time using massage creams, roller, plasters, etc., this remedy will prove a revelation to you, and I want you to test it free and judge for yourself.

My remedy is never sold through agents.

FREE Full directions and sufficient of the remedy to show what it will do will be sent, plain sealed, to any one for 4 cents postage. Address,

MME. N. FOULAIRE.

Station B,

Cleveland, Ohio.

What You Say:

"The very best way in which I personally can celebrate our glorious Fourth is in sending you a new subscriber to NAUTILUS. The Fourth will go off with a bang and be forgotten, providing some member of one's body hasn't been blown up with the bang, but NAUTILUS helps us celebrate each day with helpful thoughts, enlarged ideas and a general uplift over the rough places of every day's perplexities. I therefore commence my celebration with the enclosed subscription which has rendered me very happy in obtaining for you. The gentleman, wife and her mother are from Holland and most delightful people. I loaned them June NAUTILUS which pleased them so very much that they want it, the NAUTILUS, for their very own. The Baroness is one of the most charming women I have ever met and her belief and faith in all spiritual things is very beautiful. Am more than glad they desire to join the NAUTILUS family."—A. R.

"I received Nautilus today, and sat down to look it over; and I read it clear through before I laid it down. I am giving you 'straight goods' when I say that it is the best number of Nautilus that I have read, and more than that, the very best issue of any magazine that I ever read. Your editorials on the parcels post and on government ownership are fine; so is your article on 'The Utterly Undesirable.' I have been greatly helped by reading them. Give my thanks to Florence Morse Kingsley and Adelaide Keen for their work in this number."—W. D. WATTLES, Elwood, Ind.

"I write to heartily endorse your urgent words in July NAUTILUS, anent the destruction of our forests. Keep it up. The discouraging way in which the public can sit down and permit vital abuses to continue is appalling, and the aforesaid public needs drastic overhauling at frequent intervals regarding all matters to which it should give heed. I take it that this question of the trees and forests is of the very first importance to the welfare of our glorious country. I congratulate you upon NAUTILUS. I have subscribed for it for a long time and am glad to note its popularity."—DIANA BELAIS, New York city.

"Every page of 'Life Power' is full of good and practical common sense, and should be read by every thinking man and woman in the whole world. It is a literary record breaker and should be in every library."—G. MAJOR TABER, Los Angeles, Cal.

Some of these days you are going to hear more from me. I am one of your admirers and the new thoughts that you have engendered are beginning to boil within me. Some day the spirit will move me, and then look out! You are a wonder, Elizabeth! I wish I had money enough to send you five thousand subscriptions for the different poor devils that I know of and hear of whom it would do good to read your paper. More power to your elbow!—THEODORE STARRETT, New York.

FOUR LESSONS ON THE Realization of

Health AND Success

BY ELIZABETH TOWNE.



These four plain printed lessons give practical directions for applying the new thought principle in your own life in self-healing and development.

Many people bear witness to the great help derived from this instruction in the way of added health and success.

Let me repeat: These lessons are of practical value to those who will use them faithfully. They are the outgrowth of my own personal experience. I have traveled every step of the way from a condition of poverty and sickness to health and freedom and I am telling others through these lessons how I did it, that they may apply the same principles of healing in their own lives. The lessons are so plainly written as to be easily understood by almost anyone.

READ THESE LETTERS.

The following from Mrs. Josephine Wate Garrison, 104 The Ethelhurst, Washington, D. C., shows what an earnest student accomplished: "Received your Lesson II and have been faithful to the half hour of silence. I have gained several pounds in weight and have a good healthy color, and my friends tell me how well I am looking. Every month shows an improvement in my circumstances."

Gained in Success.

Mrs. Clay Jones, 1306 Texas avenue, Houston, Tex., writes: "Am ready for Lesson II. Find a wonderful improvement in taking things as they come. My husband has advanced in his business with more money. A friend told me the other day she thought I was the greatest success she had ever seen. So many remark that I haven't a wrinkle on my face and they feel so good when I am around."

Healed Herself of Rheumatism.

Flora G. Whiteside, 108 West Wood street, Youngstown, Ohio, writes: "In six weeks from the time I began the study of new thought I was not suggestive of rheumatism. In three months I was entirely healed. I wore shoes one size smaller and three widths narrower. The swelling was all gone from my feet. Also I had lost eighteen pounds and have lost about six pounds a month ever since (about seven months). I walk free and with ease."

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